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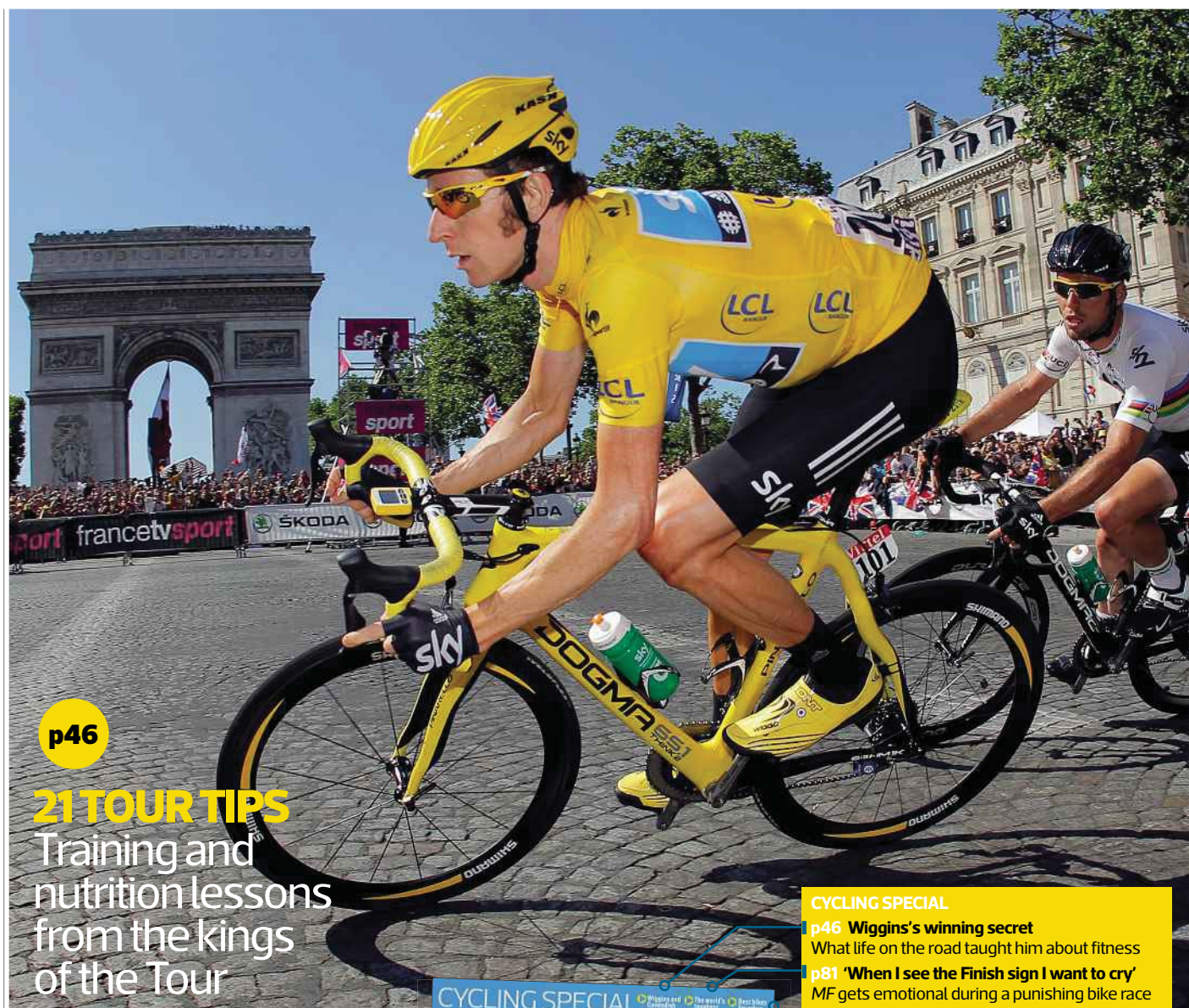


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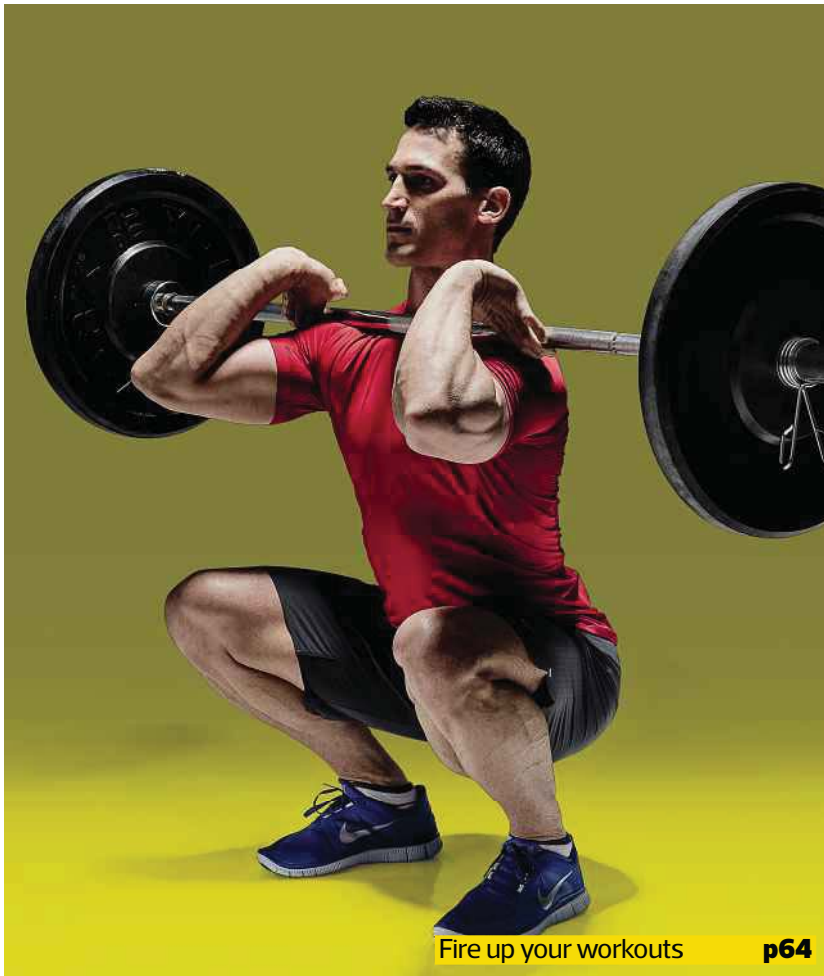
Model Ben W@Athletic
Photography Glen Burrows
Grooming Julia Wade using Bobbi Brown products

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For more details see p30 or go to mensfitness.co.uk/links/subscribe



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Editor's letter



Want to know how to ditch that stubborn last kilo of fat that clings to your midsection? It's easy. You need to eat more fat. That's right. You need to up your intake of the nutrient that has been demonised for decades.

Of course, not all fats are nutritionally equal, so we're not advising you to go and scoff a load of man-made fats in the form of cakes and pastries. No, the fat you're after is found in fresh food such as meat, fish, eggs and nuts. Read 'Eat Fat Get Lean' (p70) to find out more.

Another big nutrition misconception is that carbs are all, and always, evil. In fact, if you take the right approach to carbs, they're the perfect tool to help you build the body you want. We explain how carb back-loading works on p104 – and recommend some healthy, tasty options in 'Clever Carbs' (p110).

Jon Lipsey, Editor

The MFers

The staff of *Men's Fitness* are always in the thick of the action



JON, editor

What I've been up to Messing around – er, I mean getting in a bit of extra training during a shoot by doing some unusual lifts, such as a windmill with a weighted Olympic bar. This particular move is a test of shoulder stability and core strength. And bottle, because you don't want to drop it on your head. Try it with a kettlebell first, then use an empty bar before having a go with plates.



BEN, content editor

What I've been up to Using a spa break at Lifehouse Hotel and Spa in Essex (spabreaks.com) to kick-start my swim training for triathlon season. Having completed my first sprint distance tri last year, I'm aiming to go one better and finish an Olympic distance event this year. To do so I'm going to have to work hard on my swimming, as it's easily my weakest discipline of the three.



MARK, feature writer

What I've been up to Discovering new levels of pain on a seven-day, 780km cycling sportive from Geneva to Nice. My training rides used to be slow spins to the village pub for a lasagne and a pint but with timed cut-offs in the race I had to learn the importance of high-intensity training and the need to fuel up with snacks and energy food every 20 minutes. Read the full story on p81.



JOE, deputy editor

What I've been up to Working my abs hard with band rollouts. They're a great six-pack move because they place tension on the target muscles for the entire duration of every rep. And you have to resist gravity on the way down, then fight it on the way back up to really work your abs. Take two seconds to lower then come back up fast for a great abs-sculpting move.

Master every move

You might have a complex training programme and a clever nutrition plan – but if you can't perform exercises correctly, you won't see results. *MF's Total Training Guide* is a comprehensive form manual that demonstrates how to nail 263 moves perfectly, ensuring that every gym session will help you pack on muscle and lose fat. It's available from supermarkets, bookshops and magbooks.com.



Issue 155 June 2013
Men's Fitness



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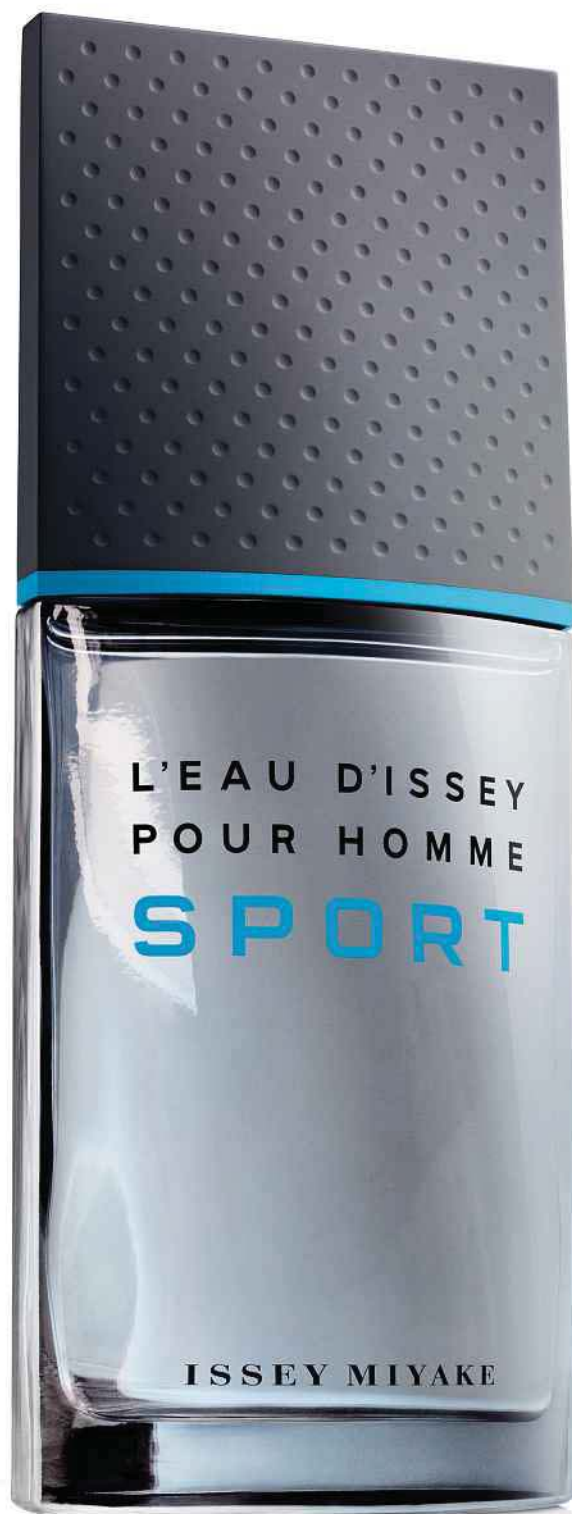
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Air devil

The name Fuerteventura translates roughly into English as 'grand adventure', which is something the Animal mountain bike team certainly had on their recent visit to the island in the Canaries. This shot features Animal team rider Blake Sampson attempting an aptly named Superman grab while clearing a jaw-dropping 10m gap jump. 'It took us over three hours to build the jump,' says Sampson, 'and then it took me three attempts to get it right for the shot, but it was worth it – you just can't beat a Superman.' To find about more about the team's exploits, visit animal.co.uk

Words Ben Ince



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FitList

YOUR COUNTDOWN TO A FITTER LIFE



✓ The killer move to build a solid six-pack **p14**

✓ Record your adventures on an action camera **p17**

✓ You're vain – and that's why women like you **p18**

✓ What's the best way to boost your speed? **p22**

✓ Cycling champion Jason Kenny talks to **MF p28**

Pot of gold

Find your focus with a cup of tea

A tea break is always welcome – but your refreshing cuppa offers more than just a chance to relax for a few minutes and refocus. It turns out that a brew actually keeps your brain healthy and sharpens your mind, according to new research published in the *American Society Of Nutrition* journal. That's just as well, since it provides about 40% of the UK's fluid intake, says the UK Tea Council.

Drinking more than seven cups of black tea a day can reduce cognitive impairment by 63% and cognitive decline by 43%, the study found. Seven cups might seem excessive, but drinking less than that was still shown to have a positive effect. So what are you waiting for? Pop the kettle on – accompanying crumpets are optional.

Tea contains fluoride, which can protect your teeth – if you avoid sugar



Pool power

Don't just crawl around the pool. Follow top coach Dan Bullock's advice to put some poke in your

HEAD POSITION

Excessive movement will put you off course, so keep your head still unless you're breathing or sighting (in open water). When breathing, turn your head quickly to the side so you can see the lane ropes, rather than the ceiling.

ARMS

Pierce the water smoothly with your fingertips and, as you rotate, extend your arms ahead of you. Bend your elbow so your palm faces the wall you're swimming away from and push the water back to pull you forward.

BREATHING

Exhale gently underwater and inhale strongly as you turn your head out of the water. Aim to establish a bilateral breathing pattern (breathing every third stroke) so you don't rely on one side.

BODY POSITION

Your body should be horizontal from head to toe. You will swim partially on your side as you rotate with each stroke. The faster you swim the higher you'll sit in the water.

LEGS

Your kick should originate from your hip flexor muscles and glutes with your legs fairly straight. Use small kicks and point your toes to reduce drag. Only 10% of total propulsion should come from your legs.

AQUATIC APPAREL

Get the most out of every pool session with kit that helps you get faster and fitter

Finis Swimsense iIM

£150

This device records your pace, distance, stroke count and rate and identifies different swimming styles. Ingeniously, it also knows when you finish an interval and are resting at the wall so you never have to hit the pause button.

proswimwear.co.uk



Speedo Fastskin3 Elite Mirror Goggle

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These goggles offer wide peripheral vision, so you only have to move your head minimally, and are designed to fit the face's contours to provide maximum comfort and minimum leakage.

speedo.co.uk



Zoggs Centre Line Snorkel

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Until you become comfortable with your breathing in the water, a central snorkel that has minimal water resistance lets you focus on the other areas of your technique.

wiggles.co.uk



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Wipe out fat

Master the windscreen wiper to polish up your six-pack

Many moves work your six-pack but few test your entire core as thoroughly as the humbly-named windscreen wiper. Just keeping your legs above your head – and under control – keeps constant tension in your abs and obliques, and rotating them from side to side toughens things up considerably. Keep each rep slow and controlled to work these muscles to their utmost capability.

A Hang from a bar with an overhand grip then swing your legs up so your toes are above your hands.

B Keeping tension in your abs, slowly lower your legs to one side, then return to the start and lower to the other side. That completes one rep.



WINDSCREEN WIPER
Sets 3
Reps 6

QUICK FIXES

Eliminate stress fast

Stay calm to reduce levels of the fattening hormone cortisol

1 TAKE A STROLL

To the park if possible – Japanese research suggests walking among trees can lower cortisol, blood pressure and pulse rate.

2 REQUEST MOZART

Classical music keeps you calm at a physiological level, lowering blood pressure and stress levels, according to US research. Other studies suggest music with 80–90bpm, so no William Tell Overture.

3 FIND YOUR HAPPY PLACE

Recalling positive memories can reduce stress by working as a distraction in any negative situation, according to a study by the Mayo Clinic.



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A cut above.



Shoot out

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You're so vain

But don't worry – it works

You might claim that vanity isn't one of the main motivations for getting in shape, but no-one believes you. Vanity is probably why you said no to that second doughnut at the office, why you renewed your gym membership and even why you picked up this magazine. And there's nothing wrong with that.

Working hard to earn a sculpted six-pack, bulging biceps and a strong chest will not only boost your confidence but it will also make the opposite sex come running, according to The Gym Group's research. In the survey, one in four women identified a washboard stomach as a must for their perfect partner, closely followed by muscular arms with 23% and well-defined pecs third with 11%. Take a look to the right to find out how you can achieve all three in just one move.

MAKE THE MOVE

You can build the physique women love in one move, explains trainer John Penny

Combining three exercises into one super-move will help you achieve these goals. 'Press-ups are a reliable way to target your pecs and triceps,' says Penny. 'Chin-ups work your biceps and core. Incorporating them into a burpee will raise your heart rate, helping you burn fat to reveal your abs.' Do as many reps as you can in one minute, then rest for 30 seconds and repeat for a total of four sets. Here's how you do one rep.



Press-up

Position yourself under a chin-up bar and perform one wide-arm press-up. To make it super-effective, lower slowly for a count of four seconds and explode back up.



Burpee

At the top of the press-up, keep your hands in place but use your stomach muscles to jump your feet forward to your chest. Then explode upwards with your hands raised towards the bar.



Chin-up

At the top of the jump, grab the bar with an underhand grip and perform one pull-up to bring your chest up to the bar. Keeping your core braced so you don't sway, slowly lower yourself until you're standing again.

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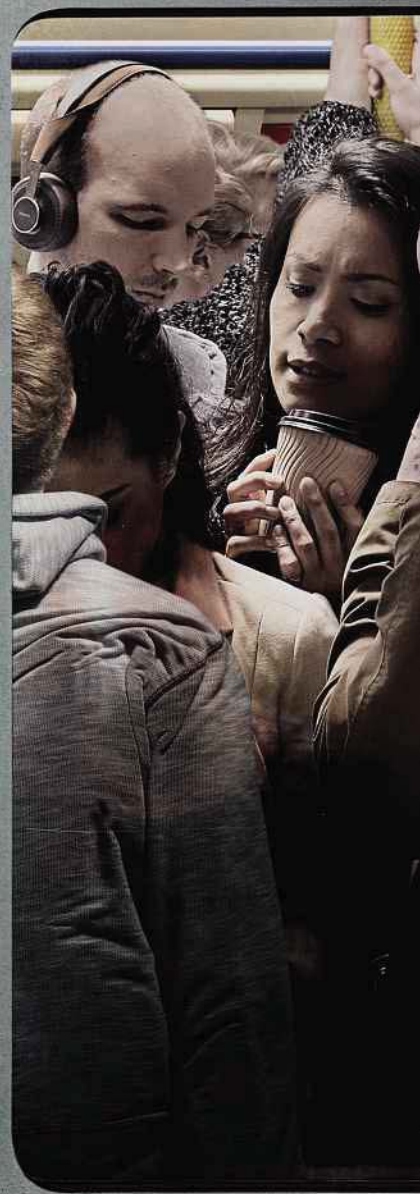
is spent by the average home exerciser on home gym equipment that doesn't get results or even get used, according to a survey by Nuffield Health. Dumbbells are the most commonly neglected bit of kit, so dust off those weights right now and do some clean and presses for an effective total-body workout.



Want to meet someone who's as into fitness as you are? You can at fitdates.co.uk



The smile that stays with you



Play
more.
Smile
more.

Green giant

Get a fast hit of protein without meat by making this no-fuss muscle salad



Who says you need meat for muscle-building protein? This vegetarian salad contains feta cheese and cannellini beans, both of which offer a decent

serving of protein, making it a perfect lunch or post-gym snack – particularly since it's quick and easy to make.

INGREDIENTS

50g carrots, sliced /
½ red onion, sliced /
80g green beans /
80g feta / ½ can
cannellini beans /
1tbsp olive oil / 1tbsp
lemon juice / 1tbsp chives

TO MAKE

- Bring a pan of water to the boil and blanch the carrots and green beans for two to three minutes.
- Cut the feta into cubes and drain the cannellini beans.
- Mix the salad ingredients and dress with the olive oil, lemon juice and chives.



FETA

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has betacarotene, which the body turns into vitamin A to strengthen the immune system.

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GREEN BEANS

contain the mineral silicon, which is essential for keeping bone and connective tissue healthy.



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Joe Hart,
England Goalkeeper



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Out in front

What's the quickest way to get quicker?

There's no greater asset on the sports field or track than speed. Some are born with it and some without – but everyone can improve on it, according to findings published in the *Journal Of Strength And Conditioning Research*.

The study recorded improvements in acceleration and speed after subjects completed differing six-week programmes of weights training, sprints, plyometric exercises and weighted sled runs. Each method produced positive results but the weights programme (outlined below) proved the most effective, increasing speed by 10% and strength, as measured by a three-rep max squat test, by 15%.



IMPROVE YOUR SPEED

Perform these exercises from trainer Chris Gallagher (pt-results.co.uk) in a pyramid format, increasing the load and decreasing the reps with each set

1 SQUAT 'Go heavy with this ultra-effective lift,' says Gallagher. 'Squats help build strength throughout your kinetic chain and especially in the lower body, helping you to generate more power and boosting core stability to help you hold your form.'

2 STEP-UP 'As you run you transfer your weight from one leg to the other, so single-leg exercises are essential. This exercise perfectly mimics the dynamic running action and teaches you to use a high knee drive with each step.'

3 GLUTE BRIDGE 'The muscles of the hip and pelvis serve as the engine for your legs, but if they're tight your range of motion and stride length will be reduced and your sprinting speed will decrease. Strengthen your hip flexors to increase your cadence as you run.'

4 CALF RAISE 'These improve ankle stability and strengthen flexion of the foot, so you can develop more force as you drive off the ground, increasing your speed. The muscles respond to varying loads, so start light with high reps and finish heavy with low reps.'

FINE-TUNE YOUR DAY

Digital music service Spotify lets you listen to the music that inspires world leaders and winners. *MF* selects the best

BEST FOR... STAYING MOTIVATED

Barack Obama's playlist 2012 Campaign

This eclectic mix of soul and modern classics helped the US President stay focused during the long hours on the road to re-election. Listen to it at work or on your commute.

Best song

The Impressions, 'Keep On Pushing'



BEST FOR... GETTING PSYCHED

Floyd Mayweather Jr's playlist Mayweather Boxing Club

The five-division world champion's adrenaline-pumping playlist blends James Brown with Akon and Biggie Smalls to get you fired up for training.

Best song Kanye West, 'Power'



BEST FOR... KEEPING YOUR COOL

Wayne Rooney's playlist Wazza Pre Match Tunes

The previously hot-headed England and Manchester United striker opts for a melodic mix of Eric Clapton and his favourite band Stereophonics to help him control his emotions before kick-off.

Best song Bruce Springsteen, 'Streets of Philadelphia'



For the *MF* Power Hour playlist go to mensfitness.co.uk/links/powerhour

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The original King adorned the feet of the great Portuguese striker Eusébio, European Footballer of the Year in 1965 and leading scorer at the 1966 World Cup. But today's modern upgrade, worn by Premier League midfield maestros Mikel Arteta and Yaya Touré, is designed to be more versatile, while maintaining its original sharp-shooting power.

The new King is light at just 237g, with ComfortLast technology to create a snug fit. Its comfortable leather upper enhances your touch of the ball while the flexible, padded Pebax outsole helps you shoot with venom or hit a perfect cross-field pass. And to give you confidence when the tackles come flying in, a hard external heel offers stability as well as protection.

prodirectsoccer.com



The King boot has FG and SG versions for playing on firm or soft ground



ALL UNDER CONTROL

Arsenal's Mikel Arteta explains why strength is so important in the modern game

What physical attributes do you need to dictate the game from midfield?

Mobility and balance really relate to what we do on the pitch – twisting and turning, a sudden change of pace or direction. I do a lot of work with cables so that I'm balanced and not overly dominant on one side, as well as abdominal work because core strength has a big part to play in football.

What else do you work on in training?

Strength is important because there are some big players in England, such as Joleon Lescott and Sylvain Distin who I played with at Everton. Strength helps you keep hold of the ball and is good for resisting injury. I work a lot on my legs, especially my hamstrings, and I focus on the lowering part of the exercise.

In January you had the Premier League's best passing stats with 92.6% accuracy. How do you do it?

The better you control the ball when you receive it, the easier it is to make a good pass. Position your body so you can protect the ball from the nearest opponent and communicate with your team-mates so you know where to pass.

What can Sunday league players do to improve?

Spend as much time with a ball as you can. It's in your attitude too – be passionate about the game. If you believe in your ability you will improve.

Mikel Arteta wears the PUMA King boot. To find out if you're a Control Freak like Arteta go to facebook.com/pumafootball

For MF's five-a-side training video go to mensfitness.co.uk/links/fiveaside

Bring me sunshine

Boost your levels of vital vitamin D

The sun's rays don't just bring hope and happiness after a long winter – they also fill you with vitamin D. This crucial vitamin helps to regulate calcium and phosphate in your body, keeping bones and teeth healthy, and has been shown to have antibiotic properties to strengthen your immune system. Deficiency can result in weakening of the bones – preventing you from lifting heavy weights – and even osteoporosis in severe cases. Ideally the sun's UV rays should supply 90% of your intake but it's almost impossible to get enough during the gloomy winter months – or even the summer if you live in Britain. Follow these three steps to boost your levels and strengthen your bones.



Solution 1 Eat more oily fish

Ensure you're getting enough vitamin D to make up the 10% of your intake that should come from food. Salmon, sardines and mackerel are rich in this vital nutrient as well as in essential omega 3 fatty acids. Another source of both is eggs. You can also get vitamin D from milk – goat's and grass-fed cow's milk are especially good sources.

Solution 2 Take supplements

Taking 1,000IU of vitamin D a day will help. In a study published in the journal *Photochemical & Photobiological Sciences*, a group taking this dose on average raised their levels from 58nmol/L to 93nmol/L. More than 50nmol/L is desirable for bone and overall health, according to a US Institute of Medicine committee.

Solution 3 Strength train

Vitamin D isn't the only way to protect your bones. Strength training has also been shown to help ward off osteoporosis and can increase bone density by 3%, a study in the *American Journal Of Lifestyle Medicine* found. Include the squat, deadlift, bench press and overhead press in your training for a bone-strengthening, total-body workout.

57% of the UK's population is deficient during the summer

86% of the UK's population is deficient during the winter

Shear delight

Grooming specialist Brent Pankhurst shares his simple steps for a barbershop-standard shave



Prepare

Cleanse the area with face wash and hot water. This will soften your hairs and open the pores for a clean cut.

TIP Use an exfoliating cream to remove dead skin from your beard so the blades don't get snagged.



Shave

Apply shaving cream or foam in a circular motion to make the hairs stand up. Using light pressure, shave in the direction of the follicles.

TIP Keeping skin taut helps get all the hairs so you don't risk cuts by having to repeat each stroke.



Finish

Wash off any residue, pat dry your face and massage a soothing post-shave gel or balm into the skin to reduce the chance of irritation.

TIP Washing your face with very cold water will close the pores so you don't get spots.

EXPERT ADVICE



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Tom Smart
Fitness Fanatic

Tom Smart
Sales Advisor, Intersport Tunstall

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Kenny defeats France's Gregory Bauge to win gold in the sprint at London 2012



Back on track

Double Olympic gold medallist Jason Kenny explains why squats are a cyclist's best friend and his grandad had the best training advice

The London Olympics was an amazing experience. It's always been there in my career as something to work towards. I'd done well at the world championships so I was confident. But it was just incredible all round.

I'll be rebuilding my base over the spring. The Olympics are in the summer and the cycling season is over the winter, so I've basically had three seasons of racing back to back – your base does slip away. I'm going to be putting the miles in, getting it back.

It's easy to get caught up in the gym. I go about twice a week, then I hit the track two or four times and the road for the rest, depending on where I am in the season. The gym's always tempting because you can measure your progress, but you get better by being on the bike. I stick to the basics: squats for giving me that extra power and core work so I can keep myself stable on the bike. I mix up the core work – I don't want to get

too used to anything. I don't do any pull-ups or bench presses. I don't want any extra weight up top.

Some cyclists don't bother with the gym at all. It's possible to perform at the top level without it – it's quite a personal thing. There's such a diversity of training methods around the world, you'd expect the times to be really different. But then everyone turns up to the international competitions and they're racing within thousands of a second of each other.



'Squats give me extra power. I don't do pull-ups or bench presses – I don't want any extra weight up top'

My grandad was one of my biggest influences growing up. He used to say 'No scrap metal' – meaning silver and bronze medals – and I took a lot from him, like the idea that if something needs doing you do it, whether the weather's bad or you're tired or whatever. My other influences? I've had the same coaches for

years, and Chris Hoy has been at all the major events with me for a while now. They've made me who I am.

My plan is to win as much as possible. I want to win golds at the world champs, the Commonwealth Games and the Olympics again. But I always just focus on the next race.

POWER UP

Kenny's tips for success on the track – or the road

1

Go for speed

'Intervals tick a lot of boxes. If you haven't got long to train, they're a good way to get your cardio up, have a productive training session and feel good.'

2

Think big

'Stick to the big moves in the gym – plenty of squats and some planks or abs work. Throw in a bit of single-leg work if you like, but don't get obsessed.'

3

Find a balance

'Don't over-focus on any one aspect of training. Nutrition, lifting and technique are all important, but they're all parts of a bigger whole.'

For drills from Kenny's fellow Olympic gold medallist Ed Clancy go to mensfitness.co.uk/links/clancy

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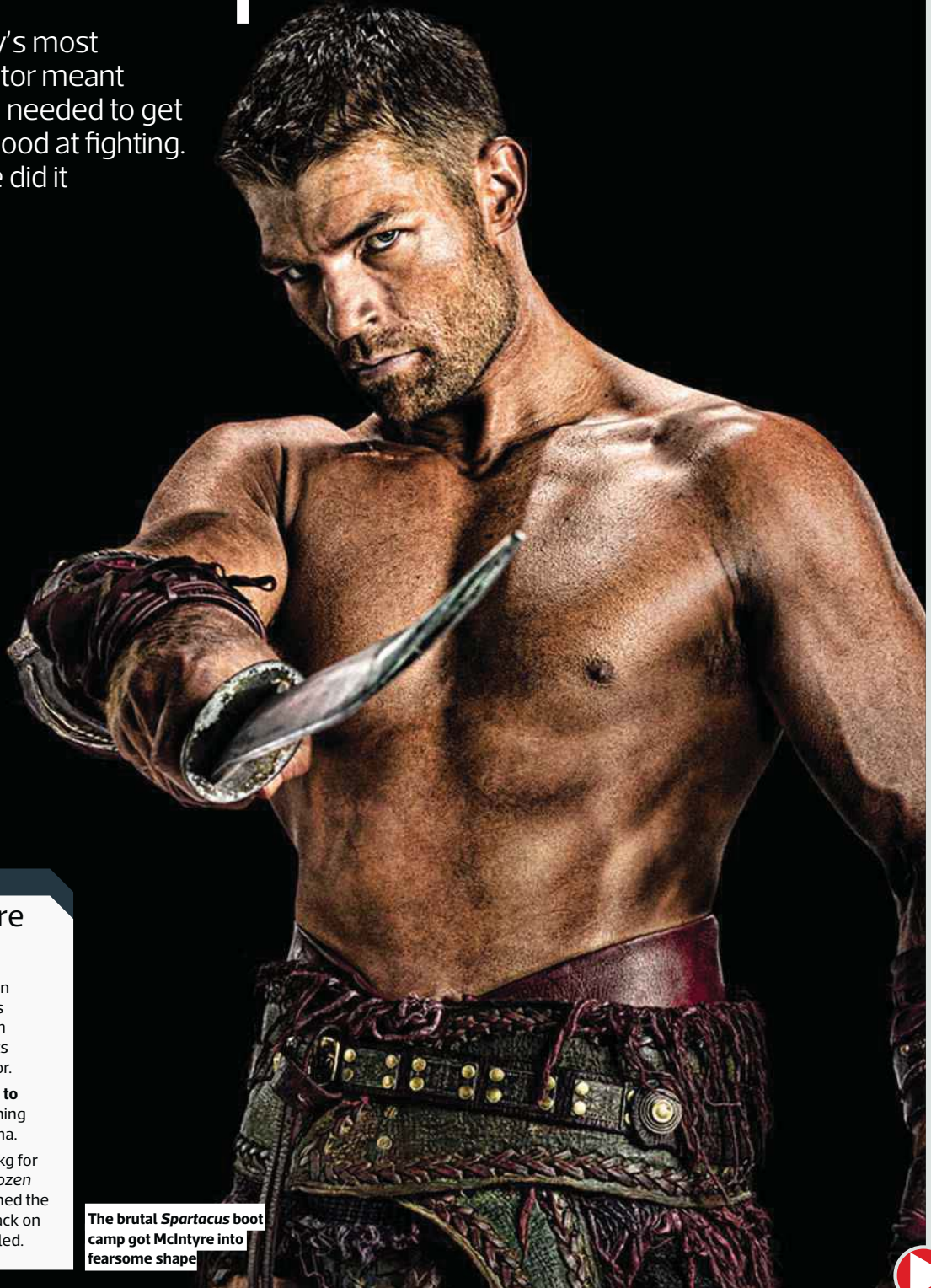
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A-LIST FITNESS

He's Spartacus

Playing history's most famous gladiator meant Liam McIntyre needed to get big, lean *and* good at fighting. Here's how he did it



THIS MONTH'S STAR

Liam McIntyre

- **Where you've seen him** Replacing the late Andy Whitfield in the last two seasons of *Spartacus* – and in *Neighbours*, as befits any Antipodean actor.
- **Where you're going to see him** In an upcoming 'top-secret' US drama.
- **What else** He lost 8kg for a lead role in film *Frozen Moments*, then ditched the role and packed it back on when *Spartacus* called.

The brutal *Spartacus* boot camp got McIntyre into fearsome shape



Words Joel Shape

Swords. Fists. WWE-style powerbombs. A typical day's filming on the TV show *Spartacus* – the sandals-and-six-packs epic that reaches its storming, blood-drenched climax on Sky 1 this

spring – saw its actors face off against all sorts of dangers, but for leading man Liam McIntyre there was one worry that stood above the rest.

'I thought the horses would kill me,' says the Australian actor, who appeared in *Neighbours* and second world war drama *The Pacific* before taking on the role Kirk Douglas made famous in the 1960 Stanley Kubrick movie. 'I was allergic to them as a kid, so I'd pretty much written them off. It turned out to be fine, though. Apparently my allergy had cleared up and I really got into it. Takes it out of your legs, though.'

Not that getting in the saddle was the only trial McIntyre faced. When he stepped into the role for the start of the third series, he wasn't in the sort of shape you'd associate with history's most famous gladiator. 'I'd lost 8kg for another project,' he says. 'So when I did the auditions, they were like, "Acting-wise you're fine, but body-wise..."'

McIntyre confronted the problem by hooking up with veteran trainer Tyrone Bell – who's also a stunt double on the show – for a bulk-up regime. 'We focused on hypertrophy,' says McIntyre. 'I'd never really been much of a gym guy, so I trained like crazy for four months, doing big moves – and eating a lot, which is what hypertrophy's all about. It was pretty much porridge and protein for breakfast, grilled chicken throughout the day, a lot of veggies, sweet potatoes on really tough days, rinse and repeat for the rest of your life.'

Full metal jacket

Then there was the programme's infamous gladiator bootcamp. This yearly ordeal brought the whole cast together for two months of abs-carving circuits and fight-technique training – and the final season's was, apparently, the worst. 'They really stepped it up,' says McIntyre. 'Allan Poppleton, who runs it, is a genius but I'm not sure he has a heart! They themed it around New Zealand-style military training, with lots of Marine drills. I don't think I've ever been fitter in my life.'

A typical day started at 8am, with an extra little incentive to get out of bed on time. 'If you were late, you had to wear "the jacket" for the warm-up,' says McIntyre. 'Basically, it was a 20kg weight vest. If you wore that for a couple of hill runs, you wouldn't want to do it again.' After the morning circuit – typically a team effort involving tyre flips, sprints and dozens of chin-ups – things kicked off with fight training. 'We'd do skills stuff – falls, rolls, sword work and martial arts,' says McIntyre. 'Then we'd finish the day with more circuits or sometimes we'd go on a field trip and do something like climbing a mountain. You had to put some muscle on before boot camp to deal with it all, which is why the hypertrophy stuff worked, but those bodybuilding-style workouts weren't the best for getting me into brutal fighting shape.'



McIntyre and his castmates endured hardcore circuits, fight training and mountain climbs to convince as gladiators

'I trained like crazy for four months, doing big moves – and eating a lot, which is what hypertrophy's all about'

Brutal fighting is, after all, what *Spartacus* is all about. Over its four-season run, the show has seen throttlings, beheadings, impalings, a couple of horrendous down-the-throat stabbings and one UFC-style triangle choke.

Season four, though, goes further. 'My stunt double is a freestyle wrestler, so he's pretty talented,' says McIntyre. 'At one point we were trying out "hurricanranas", which is where you jump on a guy's shoulders and do a backflip to throw him. It gets insane this season – the final battle was definitely the most physically gruelling,



School of hard knocks

Want to add some gladiatorial aggression to your training? Try these two workouts from the Spartacus boot camp

The Circle of Death

'This is pretty simple,' says McIntyre. 'Everyone stands in a circle and one guy stands in the middle with a heavy medicine ball. He throws it to someone in the circle and does a press-up. The person who catches it throws it back and does a press-up. Repeat with everyone in the circle, then switch.' If you haven't got a full *ludus* (school) of gladiators, agree a rep count for when you're in the centre.

The Dirty 30

Thought the Circle of Death was bad? Well, that was just the warm-up. For the Dirty 30, first pick an exercise and a rep count – try ten burpees. Your job is to do that many reps in under a minute, then rest for the remainder of the minute. Repeat for ten minutes, and if you miss any reps make sure you do them at the end. Once you're done, repeat with sled drags and medicine ball slams for the longest 30 minutes of your life.

LEADING BY EXAMPLE

Want to get strong and fit enough to be a legendary gladiator and lead a revolt? Here are McIntyre's tips



TRAIN WITH FRIENDS

➤ And if you haven't got any friends, train with enemies. The point is, having other people around you will mean you can't quit. 'Whatever I lifted, he'd try to lift,' says McIntyre's trainer Tyrone Bell.



HIT THE STAIRS

➤ The *War Of The Damned* cast climbed New Zealand's Mount Cook. If you haven't got a decent hill nearby, stair intervals can prolong your life, according to Swiss research – plus they'll burn fat.



STAY MOBILE

➤ Putting on muscle is great, but you still need mobility. Work on both by incorporating a simple dynamic stretching routine into your warm-up. One set of mountain climbers and deep air squats will do the trick.



EARN YOUR CARBS

➤ It's tempting to cut carbs out if you're trying to get lean fast, but at some point you'll hit the wall. 'We had to eat more carbs in boot camp,' says McIntyre. Don't deprive yourself – just eat them post-workout.

Illustrations Shutterstock

but there's a fight in episode nine that was really emotionally draining, just because of who it's with.'

Make the team

So when all the carnage is over, what comes next? 'I've moved to LA, so I'm doing a web series about that with a friend of mine – mainly for fun – and I'm doing pilot season, which is interesting,' says McIntyre. Will he miss playing Spartacus? 'Of course I'll miss him. He's one of those cool characters that doesn't come along too often, but there are plenty of great shows coming up.'

'What I'll miss most is the team. I'll struggle to find a team like that ever again. Those workouts really brought us together, it set the tone for the relationships you see on the show. When you were racing against the other guys, your team were your best friends.' He chuckles. 'Of course, that meant the other guys were your mortal enemies.'

Spartacus: War Of The Damned is released on Blu-ray and DVD on 29th April



McIntyre was worried about a horse allergy – but it was his legs that suffered



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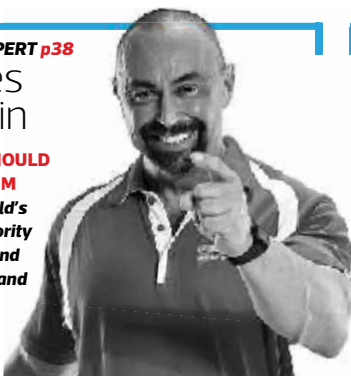
'It's important to step out of your comfort zone and test yourself, because that's how you find out who you are as a person'

MUSCLE EXPERT p38

Charles Poliquin

WHY YOU SHOULD LISTEN TO HIM

He is the world's leading authority on strength and conditioning and has trained Olympians in 12 sports.



GUEST EXPERT p40

Gary Bailey

WHY YOU SHOULD LISTEN TO HIM

He kept goal for Manchester United and England in the 1980s and as used what he learned to motivate others in business.



GUEST EXPERT p42

Jason Lewis

WHY YOU SHOULD LISTEN TO HIM

He's the first person to complete a human-powered circumnavigation of the earth, a feat that took him 13 years and included pedalling a boat across the Atlantic.





Better-body foods

Build a lean, strong body by filling your shopping basket with these essential fat-loss foods, says **Charles Poliquin**



It doesn't matter how hard or smart you train in the gym if your actions in the kitchen aren't the same standard. Including these fat-loss foods in your daily diet will go a long way to stripping away fat and building serious muscle.

↳ Cold-water fish

Fish such as salmon, mackerel and sardines are high in the omega 3 fats that improve insulin sensitivity and decrease inflammation. A recent study of healthy adults showed that taking 4g of omega 3s a day for six weeks significantly increased lean muscle mass and decreased body fat. Grass-fed and wild meats are also high in this essential fat, so eat a serving of one of these high-protein sources at every meal.

↳ Nuts

Nuts are high in antioxidants, protein, fibre and healthy fats, and research shows they significantly improve body composition. They not only increase the metabolic response to eating but also blunt hunger and increase feelings of satiety. Walnuts and almonds are the best choices. Walnuts are typically eaten raw with the skin on, which increases their antioxidant content. Almonds top the list of fat-burning nuts because of their high protein and fibre content, and they contain a lot of vitamin E that supports detoxification. Eat a handful of each every day.

↳ Berries

Blueberries, strawberries and raspberries contain fibre and antioxidants and have been shown to mitigate the amount of insulin the body produces in response to eating them with high-carb foods. Raspberries, in particular, contain a unique class of antioxidant called ellagitannins, which improve the brain's sensitivity to the hormone leptin, decreasing feelings of hunger. Eat multiple servings of all three each day.

↳ Avocado

Avocado used to have a bad rap for being high in calories, but while one avocado does contain 250 calories it also has 10g of fibre, 15g of healthy monounsaturated fat, 4g of protein and 20 essential nutrients. It is also packed with antioxidants. Depending on your other fat intake, include avocado in a few meals each week.

↳ Eggs

Eggs are an excellent protein source and also provide choline, which protects the liver from accumulating fat and promotes a neurotransmitter that can increase growth hormone, a potent fat-burner. In addition you get a nice boost in metabolism thanks to the thermic effect of their high protein content. Eat eggs a few times a week.

↳ Broccoli

Cruciferous vegetables such as broccoli and cauliflower help the body clear excess oestrogen, a hormone that promotes fat storage, thanks to compounds that interact




'Coffee can help the body burn fat rather than glucose for energy'

with oestrogen-binding genes so your body excretes them. Research also shows their high fibre content brings about a very moderate insulin response, making them an ideal fat-loss food. Dark green vegetables usually have lots of antioxidants as well, so eat multiple servings daily.

↳ Coffee

There's evidence coffee increases your metabolic rate so you burn more calories and it can help the body burn fat rather than glucose for energy. Coffee can also help modulate blood sugar and may reduce your risk of Alzheimer's disease. Don't like coffee? Green coffee extract, which can be added to any beverage, has been shown to produce significant fat loss. Green tea provides similar benefits.

↳ Vinegar

Vinegar aids the storage of carbs as muscle glycogen rather than fat, and studies show eating vinegar as a dressing can improve pancreatic function and lower the insulin response to carbs. Even if you just add vinegar to your salad or cruciferous vegetables, it can lower the insulin response to your entire meal. Balsamic and white wine vinegar are delicious, but you can add any type to get the benefits. Splashing it over your high-calorie fish and chips doesn't count, though. Sorry. 

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Raise your game

Changing the way you view your life is the secret to success, says former Manchester United goalkeeper turned motivational speaker **Gary Bailey**



Keeping goal for a huge football club such as

Manchester United represents the pinnacle of a career – but it's also one of the most stressful and competitive jobs in the world. Yet Gary Bailey held that mantle for 373 competitive fixtures, winning two FA Cups, and only early retirement owing to injury prevented him adding to his two England caps. Here he explains how his experiences at Old Trafford and his time with Sir Alex Ferguson taught him that 'reframing' your situation is the key to succeeding on the pitch, in the gym and even in the office.

↳ Find gratitude

Even when you're struggling, try to be grateful for what you've achieved. This idea really helped when I first joined United. I found it tough living in freezing digs, eating mushy chips and slogging it by foot to training each day. Every young player would kick his granny to get into the first team so it was like a war zone. But I remember saying over and over again to myself, 'you have a chance to play for the best club in the world so just be grateful' and that gave me confidence. It's an under-used asset for dealing with pressure both on a personal and professional basis.

↳ Embrace the challenge

Having a positive attitude helps you handle stressful situations. If you have a big presentation at work and you feel horrible, dreading what you're about to go through, you're guaranteed to wobble. Before important matches I've seen talented players shaking, terrified of making mistakes, while others who weren't always that good in training were chomping at the bit to get on the pitch, like Roy Keane. That's what made him a great player – he wanted to get out there. You need that desire to be successful.



Gary Bailey willed the opposition to shoot so he could show his worth

'Having a positive attitude helps you handle stressful situations. If you have a big presentation at work and you feel horrible, dreading what you're about to go through, you're guaranteed to wobble'

↳ Be proactive

Look for ways you can improve. At the end of the 1984–85 season I was asked what it feels like to be in goal for United. I answered honestly, 'I've been in the first team for six years and I get blamed for every bloody goal we concede and everything we

don't win'. I realised I was playing to avoid mistakes. For the 1985–86 season I decided to change. I went from being back on my heels hoping the opposition wouldn't shoot to slightly on my toes willing them to shoot – to prove how good I was. With this mental adjustment I was

making better decisions, making saves, holding onto the ball. We won our first ten games of the season and I made my England debut that year.

↳ Become united

Your friends and colleagues are team-mates helping you achieve success. Sir Alex will always use words like 'we' and 'us' and not 'I' and 'me'. Whenever you hear him or his staff or players speak there is a very strong collective team spirit. The morning after United won the treble in 1999 I saw him and congratulated him on an incredible win. But he stopped me there and said, 'It's not about me. Weren't those players magnificent last night.' Everyone at that club is in it for each other and that builds respect and a team ethic that is just as important in business as it is on the pitch. ■

Gary Bailey's book, *Succeed Under Pressure: Converting Football Lessons Into Business Success*, is available now.

Fergie time

Three lessons Bailey learned from the distinguished United boss

1

SET HIGH STANDARDS

Ferguson has an acute intolerance of failure. He sets the bar high and expects nothing but the best. He would never allow excuses.

2

RELISH COMPETITION

He never dwells on defeat. After City won the Premier League last year he congratulated them, then switched the focus to winning it back.

3

BUILD SELF-BELIEF

Ferguson instils confidence in his players and makes them believe that if they work hard there is no limit to the success they can enjoy.

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Long way round

Jason Lewis travelled around the Earth using nothing but human locomotive power. This astonishing feat of endurance taught him a lot about the world – and himself



Jason Lewis is the first man to complete a human-powered circumnavigation of the Earth, a trip that took him more than 13 years. Over the course of his voyage he had to overcome broken legs and bouts of altitude sickness and malaria, in addition to spending months in isolation pedalling a boat across the Atlantic. Here he describes the experience and the lessons it taught him.

↳ Simplicity can be inspirational

It sounded like something so beautifully simple – to use the power of the human mind, body and spirit to get you to the ends of the Earth and back again. In theory anybody could do it. You don't have to be an expert yachtsman or an expert climber. You'd just need a bit of training – and to want to do it enough. Also, there were so few genuine 'firsts' left, apart from the deep ocean and outer space. People had biked across land masses and walked across continents, and a few people had rowed across oceans, but no one had put a continuous global journey together.

↳ Testing situations build character

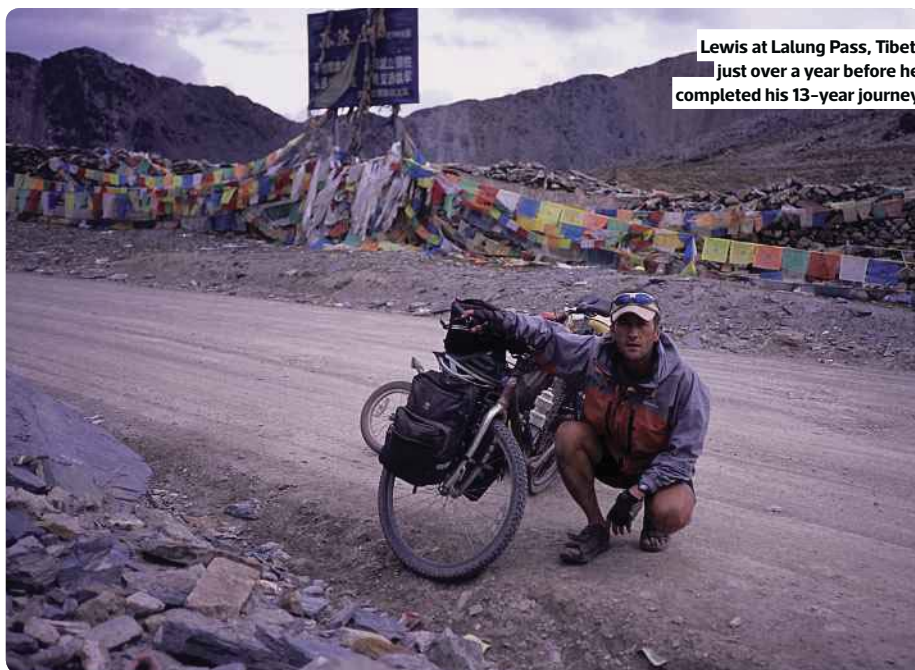
It's important to get out there and take something on, to step out of your comfort zone and test yourself, because that's how you find out who you are as a person. You don't have to come up with a crazy idea no-one's ever done before – you can go out and have a hell of an adventure doing something that has been done. You just have to do it the right way and have the right attitude.

↳ Leaving civilisation helps you focus

In the wilderness, the layers of cultural conditioning you've been brought up with start to fall away like layers of an onion. When you're in the middle of an ocean or a desert, all the mechanisms you need to operate and be successful in society are redundant – you need other skills. Plus there's no distraction and that allows you to focus on your thoughts, emotions and mental processes. That's something that's useful for everybody, because it allows you to step outside of the mould of who you think you are, which is based on your parents, your schooling, the country where you were born. It helps you to see yourself as a human being first and foremost, a citizen of the world.

↳ Adapt in the face of adversity

Getting run over in Colorado and breaking both my legs was the worst setback I



Lewis at Lalung Pass, Tibet, just over a year before he completed his 13-year journey

'In the wilderness, the layers of cultural conditioning you've been brought up with fall away like layers of an onion'

suffered. When I woke up in hospital, the surgeon said my left leg was so badly shattered I might have to have it amputated. At that point I thought my journey was over – even if they could save my leg, I didn't have any money to stay in Colorado and go through rehab. I'd have to go home. But then I started thinking about ways I could get around it. If Paralympians could

travel huge distances in a wheelchair, for example, why couldn't I? I shifted my focus so that instead of the fixed goal I'd previously had, I adapted my expectations to enable me to overcome the adversity and achieve it using different means.

↳ Just get out and do it

If you have a big idea, the most important thing is to begin it, even if you don't quite know what you're doing or how it will turn out. Once you've started you can work the rest out as you go along, but if you don't start it's much easier to just keep putting it off. **✎**

Jason Lewis's book *The Expedition: Dark Waters* is available now

The skill to endure

Lewis used these techniques to keep himself motivated while crossing the ocean in isolation

1

DON'T FOCUS SOLELY ON THE END RESULT

I set myself incentives, such as pedalling for three hours for a cup of tea. If I thought only about the fact that I wasn't making progress for days at a time, I would have struggled to cope mentally.

2

THERE'S ALWAYS MORE YOU CAN GIVE

At one point I thought I couldn't continue. But then I realised I'd go backwards and run out of food. That caused my survival instincts to kick in. It's a case of convincing your brain that it's worthwhile to keep going.

3

LEARN TO EMBRACE YOUR OWN COMPANY

You must stay sane during long periods of solitude, even if it means talking to yourself or creating imaginary friends. The line between sanity and insanity becomes somewhat blurred.

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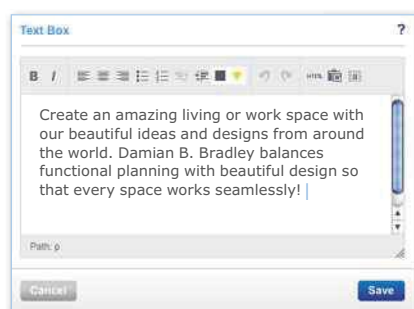
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Life on Tour

The Tour de France is the toughest sporting event on Earth. To celebrate its 100th edition this summer, *MF* reveals 21 pro secrets – one for each brutal stage of the three-week race – from which any athlete can benefit

Words **Mark Bailey**



1 Fasted training helped Bradley Wiggins use fat for fuel on his way to Tour triumph in 2012

1 PERFORM FASTED TRAINING

Endurance athletes can learn from Bradley Wiggins, who performed fasted training to teach his body to better metabolise fat for fuel so he could survive 3,470km of cycling over 21 days. 'You get more energy per gram of fat than you do of carbohydrate, so fat is a much better fuel source,' says nutritionist Dr James Morton. 'Performing fasted training at 70% of your VO₂ max will teach your body to burn fat for fuel and encourage your muscles to make more enzymes to metabolise that fat.'

2 DEVELOP RAW POWER

Blanco Pro Cycling sprinter Mark Renshaw can generate 1,400W of power through the pedals. Adapting his mix of gym work and intervals for your sport will build the foundation to cycle fast, power to the finish of a 10K or boost your gym stats.

'I do a conditioning programme three times a week,' says Renshaw. 'The glutes and the core are the muscles that give you leg power, so I do squats, single-leg squats, lunges and leg extensions.' He adds dips and medicine ball extensions to work his

core for efficient power transfer. Renshaw also does interval work to add leg speed and buffer lactate. 'I do three sets of four 15-second sprints with 15 seconds of recovery in between. After three sets, you're flat out.'

3 EAT 'SOAKED' MUESLI

Soaked muesli is the perfect breakfast fuel for endurance events, says Team Saxo-Tinkoff chef Hannah Grant (dailystews.com). 'It's a good mix of energy and protein, and soaking the muesli makes it easier to digest.' Rice milk contains more carbs and less fat than normal milk and is absorbed more quickly. 'Breakfast is set three hours and 15 minutes before the start of a stage, which gives the body time to take up the energy,' says Grant. Here's her recipe.

- Heat a pan and toast some large oats and chopped hazelnuts until golden brown.
- Mix the oats and hazelnuts with coconut flakes, dried blueberries, sunflower seeds, sultanas and raisins (all organic, if possible).
- Then mix one cup of the muesli with two cups of rice milk and some chopped strawberries and blueberries. Leave covered overnight in the fridge to soak.
- Serve with fresh raspberries and honey.





5 Team Sky's riders, powered by a diet of healthy fats from olive oil and fish, lead the peloton in stage 16 of the 2012 Tour

4 GO GLUTEN FREE

To make your body feel as light as carbon fibre when you train, switch to the Saxo-Tinkoff team's gluten-free diet. 'We try to avoid pasta, the most standard food in cycling, and cook gluten-free alternatives such as brown rice, sweet potatoes, buckwheat noodles, lentils and beans,' says Grant. 'Most people have a small intolerance to gluten, so this tactic stops the riders feeling bloated when they exercise.'

nutrients that help their bodies to use energy, reduce inflammation and repair muscles,' says Grant.

7 THROW MEDICINE BALLS

'There's a paradox that pro cyclists can be very fit aerobically but can't run a mile without pain as their musculature is so specialised,' says Jim Rutberg, pro coach of Carmichael Training Systems (used by 16-time Tour finisher George Hincapie). This is because many elite cyclists dodge gym exercises like they do potholes, but medicine balls are an invaluable conditioning tool. Learn from their mistakes and avoid injury by doing medicine ball squats, overhead presses, slams, wall throws and squat throws. 'Medicine balls condition the body without adding heavy muscle and improve balance, which is great for most athletes,' Rutberg says. 'With medicine ball exercises, do as many reps as you can in three sets of 30-50 seconds.'

5 EAT HEALTHY FATS

Team Sky riders eat 100g of fat each day, mainly from extra virgin olive oil and fish oils. 'Fats isn't a dirty word – natural fats are a great energy source and fish oils improve lung function,' says Team Sky nutritionist Nigel Mitchell. Grant adds, 'We use coconut oil and olive oil with rice for breakfast to pump up the riders' energy.' Coconut oil contains medium-chain triglycerides, which promote better fat oxidation for energy.

8 MIX UP YOUR PROTEINS

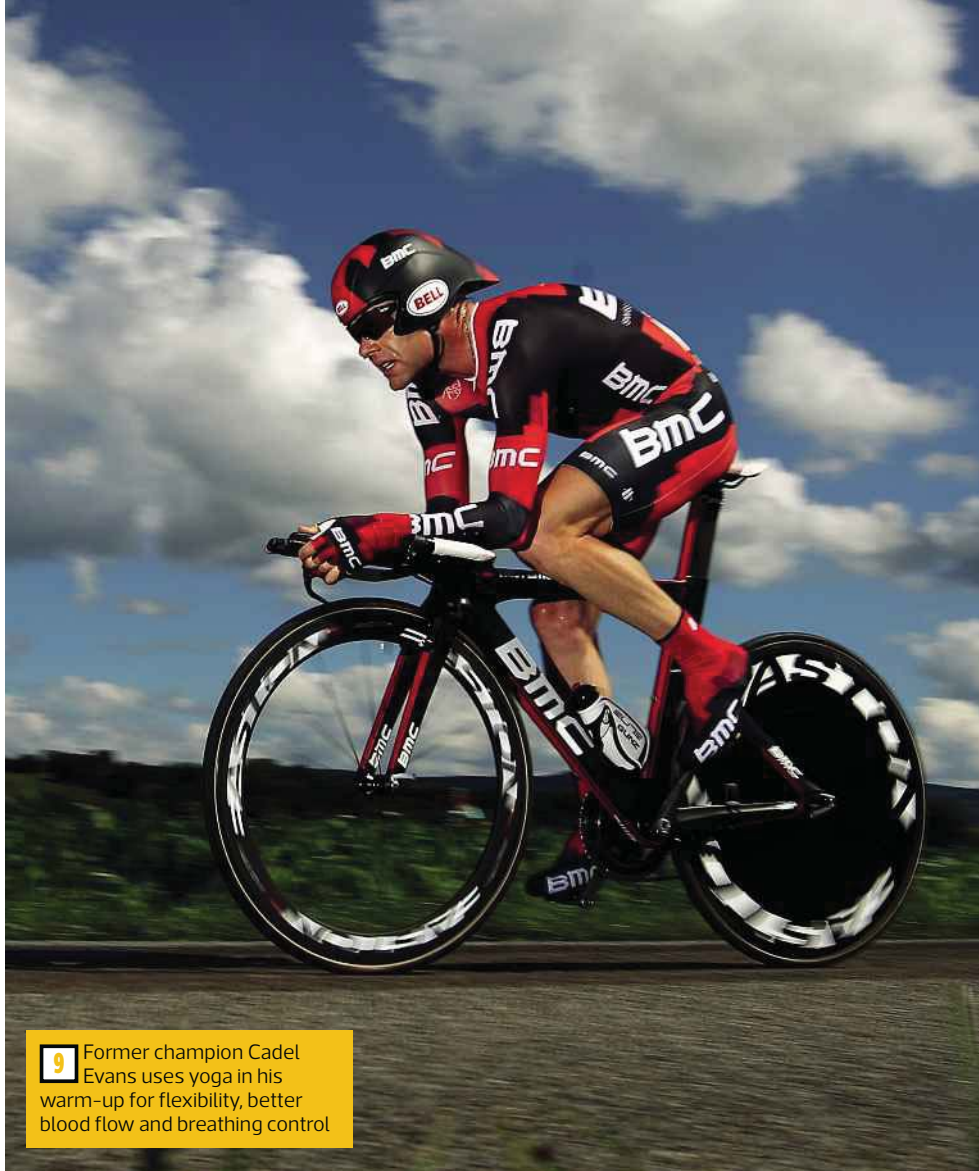
Team chefs mix up their protein sources to prevent riders getting bored during a long Tour, but this has health benefits too. 'Proteins come with different benefits, such as iron from beef and omega 3 from fish, so we like to vary them,' says Mitchell. Team Sky eat beef, salmon and tuna, while Saxo-Tinkoff opt for chicken, veal and lamb.

6 SHAKE IT UP

Grant gives Saxo-Tinkoff riders ginger and beetroot shakes, while Mitchell at Team Sky recommends a broccoli, celery and beetroot combo. 'Shakes are an easy way to give tired riders all the antioxidants and

6
Try the Team Sky shake for more energy and improved recovery





9 Former champion Cadel Evans uses yoga in his warm-up for flexibility, better blood flow and breathing control

9 WARM UP WITH YOGA

Cadel Evans, the winner of the 2011 Tour, and his BMC Racing team warm up with yoga, after being taught by US instructor Ted McDonald (5pointyoga.com). 'Yoga improves flexibility, gets the blood flowing and opens up the hips for optimal performance,' says McDonald. 'I taught the riders *vinyasa* flow yoga, using sun salutations A and B [see panel below], which works your entire muscular chain and encourages controlled breathing, which is crucial for athletes.'

SUN SALUTATION A



SUN SALUTATION B



Perform each sequence six to 12 times before breakfast. Each move should last the duration of one inhalation or exhalation.

10 BUILD CORE STRENGTH

Tour de France cyclists ride £13,000 carbon-fibre bikes sculpted in wind tunnels, but their most important weapon for slick aerodynamics is their core. 'The cyclist's body produces 90% of the aerodynamic drag, so we have to mould the rider into an extreme aerodynamic position that requires incredible core stability to hold form and sustain power,' says Robby Ketchell, director of sports science at Garmin-Sharp. 'I recommend asymmetric exercises because riders need to stabilise their body as they pedal with one leg up or down.' Perfect these four asymmetric drills for Alp-hard abdominals.



Towel knee-in

Sets 3 Reps 20

- With a towel under each foot, adopt a plank position. Slide your right knee towards the left side of your chest. Repeat on the other side to complete one rep.



Swimmer

Sets 3 Reps 15

- Lie on your front and raise your right arm and left leg. Hold for 10sec and repeat with the opposite limbs to complete one rep.



Asymmetric crunch

Sets 3 Reps 10 each side

- Adopt a crunch position. Raise your left knee and lift your right elbow to meet it. Perform ten crunches and repeat with the opposite limbs.



Supine oblique ball twist

Sets 3 Reps 60sec

- Lie down with your arms outstretched. Grip a stability ball between your feet, raise your legs and lower the ball towards the floor on the right, then to the left. Continue for one minute.



11 Give yourself more sprinting power by adopting 2011 points winner Mark Cavendish's tactic of brain training

11 BOOST YOUR BRAIN

To win a sprint finish, 2011 points classification champion Mark Cavendish – now with the Omega Pharma-QuickStep team – has to make lightning-fast decisions to navigate through a sea of bikes at 70km/h. 'I do a lot of mental training,' says the British rider. 'Whether it's a Sudoku puzzle, chess or Monopoly, if I keep my mind active it helps me to perform.' Some studies also suggest that exercise can improve the ability to make decisions, so all Cavendish's hours on the bike help too.

12 STRETCH IT OUT

Passive stretching is the key to avoiding post-exercise muscle soreness, says Matt Rabin (theperformancechiropractor.com), team chiropractor for Garmin-Sharp. 'Stretch out the quads, calves, hamstrings and glutes with passive stretches of three sets of ten-second holds,' he says.

13 BEAT STOMACH PAIN

Innovative nutritionist Allen Lim, who worked for Garmin-Sharp before co-writing *The Feed Zone Cookbook*, says home cooking is the secret to a happy stomach. 'I helped riders overcome gastrointestinal stress – the most common complaint from endurance athletes – by giving them real, freshly made food,' he says. 'To explain it, look at the moisture content

of food. Anything home-made will have a moisture content of 40-70%, compared with less than 10% in pre-packaged food, which makes it easier to absorb and less likely to cause gut pain.' Lim's suggested performance recipes include a quinoa and vegetable hash with eggs for breakfast, and pork loin with chutney, couscous and currants for dinner.

14 REFUEL WITH RICE AND TUNA

On the team bus immediately after races, Team Sky's Chris Froome eats tuna and rice with olive oil. 'You need a good mix of protein, carbs and healthy fat as quickly as possible to aid recovery,' says Mitchell.

15 DEVELOP SMOOTHER BIOMECHANICS

Muscle imbalances, tension or poor joint movement will hamper your biomechanics and cause pain, says Garmin-Sharp's Rabin. 'A rider needs the full kinematic chain to function, because their wrists, ankles and hips are locked into position,' he explains. 'Any weakness causes energy leaks. For example, a stiff back prevents appropriate pelvic motion, which hampers your glutes and reduces power.'

You can galvanise your body's biomechanics for any sport with squats and good mornings. 'Squats work the full chain to encourage correct body alignment and good mornings encourage you to hinge at the hips, which enhances correct muscular movement,' says Rabin.

16

Boost muscle recovery with a Blackroll foam roller like this one from kttapeurope.com



16 ROLL WITH IT

Releasing muscle tension is the key to a swift recovery, says Sabine Lüber, massage therapist for the Radioshack Leopard Trek team. 'The riders use

a Blackroll foam roller on their leg muscles after the race,' says Lüber. Specifically they target their calves, hamstrings, iliotibial (IT) bands and

quads. 'In cold weather they use compression socks [which aid oxygen and blood flow for repair] and we give them a hot stone massage.'



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17 Garmin-Sharp riders such as David Millar train at different intensities, analysing their data to see what's required

17 MIX UP YOUR TRAINING INTENSITIES

'At Garmin-Sharp we use power, heart rate and lactate data to discover the correct training zones for different goals,' says Ketchell. Carmichael Training Systems's Rutberg, who is also co-author of *The Time-Crunched Cyclist*, says, 'Power is the main indicator for elite cyclists, but any amateur can still learn from the use of training zones without all the field tests.' Whether you cycle, run or just want to boost your fitness, follow Rutberg's simple drills to optimise your training time.

Drill 1 Tempo

What? 'Riding at a challenging aerobic intensity you can maintain for between 40 minutes and one hour.'

Why? 'You are training your aerobic system to sustain power and teaching your body to process fuel more rapidly.'

Drill 2 High-intensity

What? 'About eight to ten reps of two-minute maximum efforts with two minutes' recovery in between.'

Why? 'The body adapts to high-powered efforts by producing more mitochondria, which are like power plants in the muscle cells, so you can process fat and carbs more quickly for energy.'

Drill 3 Lactate threshold

What? 'Three efforts of eight to 20 minutes at just below your lactate threshold, which is when you go from laboured breathing to uncontrollable panting.'

Why? 'Lactate has a bad rep but it's actually just partially burned fuel. This exercise trains your body to bring that lactate back into the metabolic process by breaking it down into usable energy.'

18 IMPROVE YOUR POSTURE

By the end of the 2012 Tour, Bradley Wiggins had been bent over a bike for 87 hours, 34 minutes and 47 seconds. 'Backache and neckache are occupational hazards,' says Rabin, who has treated Wiggins before. 'Working the psoas muscle, which controls the mechanics of the spine and pelvis, and developing shoulder and neck mobility can prevent a round-shouldered look.'

These three daily drills will help a Tour cyclist – or any office-dweller – enjoy better, more ache-free posture.



Lunge

Sets 3 Reps 10

- 'This move emphasises a neutral lumbar spine position and works the psoas muscle to stabilise hip movement and posture.'



Shoulder roll

Sets 3 Reps 30sec

- 'Rolling your shoulders backwards and forwards gets the CT junction in the upper thoracic spine [behind the shoulders] moving to prevent tension.'



Neck twist

Sets 10 Reps 3sec

- 'Twisting your head to one side then the other optimises the range of motion of the cervical spine [below the skull]. Hold for three seconds each time.'



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19 Astana Pro Team's Alexander Vinokourov breaks away from the leading group, powered by endurance-boosting nitrates

19 CONSUME MORE NITRATES

Cyclists from the Astana and Blanco pro teams consume nitrate-rich food for the last six days before a Tour. 'Until recently, nitrates were viewed as a contaminant in vegetables,' says Tim Lawson, nutritional adviser to both teams. 'But nitrate is converted via saliva into nitric oxide, which improves an athlete's endurance and tolerance of high-intensity activity by widening blood vessels.'

Leafy vegetables are the leading dietary source of nitrates, so the riders are served celery, broccoli, chervil, lettuce, red beetroot, spinach and rocket – alongside SiS Go+Nitrates gels. A University of Exeter study proved nitrates boosted time to exhaustion in high-intensity cycling by 17%, so top up for turbo-charged stamina.

20 CAGE YOUR CHIMP

Doubts can consume exhausted riders, which is why Team Sky psychiatrist Dr Steve Peters teaches them to openly confront irrational thoughts ('Am I good enough?') stemming from the primitive, limbic brain (the Chimp) and overpower them with logical thoughts ('I trained five days a week for six months') from the rational, frontal brain (the Human).

Tour champ Bradley Wiggins spends ten minutes each day after breakfast 'exercising the chimp' in this way to shift the blood flow in his brain to enhance clear thought. 'Having exercised the little bugger, you then lock him away in his cage,' Wiggins wrote in his autobiography, *My Time*. Cage your own chimp to beat nerves and boost confidence before a big race or work meeting.

21 SNACK ON RICE CAKES

Team Sky rider Bernie Eisel burned a colossal 31,003 calories on the bike in the first week of the 2012 Tour. Any runner, triathlete or cyclist in need of energy-rich training or race fuel can feast on Allen Lim's cashew and bacon rice cakes, which are the snack of choice for many pro riders.

'Their physical form and use of real ingredients helps with

the delivery of energy,' says Lim. 'Digestion actually starts with chewing because enzymes get released through our saliva that help to break down the food, while the smell makes the stomach and small intestine release hormones that aid digestion. Because it's real food it gets held up in the system, resulting in a steady hang-time release of energy.' **LMF**

Allen Lim's cashew and bacon rice cake recipe

Ingredients

380g rice
700ml water
230g bacon
3 eggs
75g cashews
60g nut butter
75g cup raisins

To make

- Combine the rice and water in a rice cooker.
- Fry the bacon over a medium-high heat. Drain the fat and wrap the bacon in paper towels.
- Lightly beat the eggs and softly scramble them in pan over a medium heat.
- Chop the bacon and combine with the cooked rice, eggs, cashews, nut butter and raisins in a bowl. Mix well and press the mixture into a 20cm square pan to a thickness of 4cm.
- Cool in fridge before cutting and wrapping. Makes ten individual rice cakes.

Recipe courtesy of *The Feed Zone Cook Book* (VeloPress)



Mark Renshaw rides for SiS-fuelled Blanco Pro Cycling. Visit scienceinsport.com for more advice from Tim Lawson and Dr James Morton. Thanks to Saxo-Tinkoff, Radioshack, Team Sky and Garmin-Sharp.



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FRESH MEAT?

Before the decade is out you could be tucking into a burger grown in a jar or a 3D-printed chicken breast. But what are the health implications of *in vitro* meat and could it actually be better than the real thing? ➤

Words Mark Bailey



P

icture the perfect steak. The plump mahogany and claret-coloured flesh on your plate. The soft bounce when your fork punctures its tender surface. That delicious alchemy of muscle, fat and juice that electrifies every last molecule of your caveman DNA.

Yes, man loves meat. But would this image be so tantalising if your steak had been grown in a lab using a nutrient-rich broth and a bioreactor? Or synthesised, dot by dot, by a 3D printer using cartridges filled with live cells? Would this enhance your ethical enjoyment of meat or neutralise its primal appeal? Would you marvel at your futuristic steak's cleverly optimised health properties or fear what you chewed? These are questions we may soon need to ask ourselves.

High steaks

Escalating costs, a colossal environmental footprint and a rising global population make today's meat-producing infrastructure unsustainable, leaving experts hunting for solutions. 'We cannot carry on eating meat in the future like we did in the past,' says Brian J Ford, a biologist and author of *Meat: The Story Behind Our Greatest Addiction*. 'The whole system must be completely restructured.'

So why might we be condemned to a grim life without chicken tikka masala and bacon double cheeseburgers? Because we're effectively living a lie. 'When we think of the "cost" of meat we see a price on a label, but this isn't realistic,' says Isha Datar, executive director of New Harvest, an organisation that researches alternative methods of meat production. 'Without agricultural subsidies, meat would be unaffordable.'

Livestock grazing now takes up 26% of the Earth's ice-free surface and 33% of agricultural land is used to produce livestock feed. According to the UN Food and Agriculture Organisation, the global population of seven billion people eat 278 million tonnes of meat a year. By 2050, the population will reach nine billion and demand will hit 460 million tonnes. At present, 56 billion land animals are slaughtered for food each year. That's 1,774 a second. Blink. That's another 1,774 gone. Every five minutes, half a million creatures are turned into dinner.

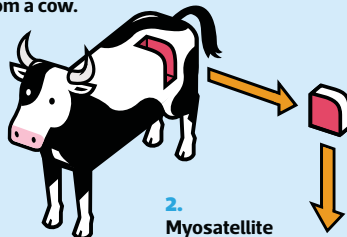
Andras Forgacs, co-founder of Modern Meadow, which is researching the possibility of 3D printed meat, says each hamburger is 'an environmental train wreck'. The livestock industry generates 9% of anthropogenic (human-related) carbon dioxide emissions, 65% of nitrous oxide emissions and 37% of methane emissions. 'Livestock production accounts for 18% of greenhouse gas emissions worldwide – that's more than all planes, trains and cars,' says Datar.

Nor is the system efficient. It takes 7kg of grain (as feed) to produce 1kg of

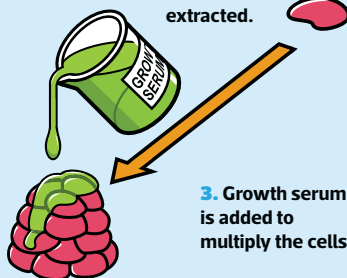
Creating cultured beef

How it works – from cow to kitchen

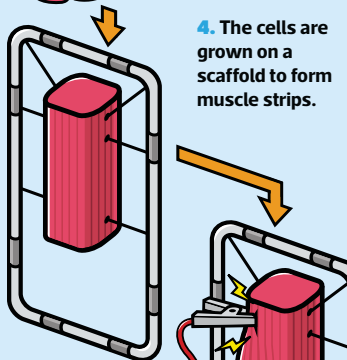
1. A small 'biopsy' is taken from a cow.



2. Myosatellite cells are extracted.



3. Growth serum is added to multiply the cells.



4. The cells are grown on a scaffold to form muscle strips.

5. The muscle is exercised to boost protein content.



6. The muscle is ground, and flavour and vitamins are added.



7. Result – a delicious burger.



beef and about 40% of the world's grain is fed to animals. 'Three calories of energy are required to produce one calorie of food energy from a plant source, but it takes 35 calories of energy to produce one calorie of energy from beef.'

In the flesh

To prevent us all turning into glum vegetarians holding candlelit vigils outside derelict branches of Nando's, scientists have been perfecting the art of cultured meat. In 2000, Nasa-funded scientists at Touro College in New York grew muscle cells taken from the abdomen of a *carassius auratus* (that's a goldfish to you and me). According to bioengineer Morris Benjaminson, they 'smelled just like fish fillets' when cooked – although strict regulations mean cultured flesh has yet to be officially taste-tested. A Dutch research team has been creating strands of cultured pork since 2006 and in 2011 Mark Post, a vascular biologist at the University of Maastricht, announced plans to create the world's first lab-made hamburger.

To make cultured meat, embryonic stem cells are taken from an animal then enriched in a 'broth' of sugars, amino acids, lipids, minerals and nutrients (a substitute for blood). They're then attached to a scaffold structure and placed in a bioreactor to grow into muscle over several weeks.

To create appropriate texture, the muscle must be 'exercised' as if it were



part of a living animal. This happens by stretching the muscle, stimulating it with electrical impulses or introducing polysaccharide beads that expand and contract to give the tissue a workout. The muscle tissue is then harvested and presented as a processed meat. According to New Harvest, cultured meat in sausage, nugget or burger form could be produced 'within a few years', although full steaks may take a decade to develop.

An alternative method is to create meat using 3D printers, which are already

the attention of Michelle Terfansky, an astronautical engineer at the University of Southern California. 'I was researching printed meat with a view to taking it into orbit or to Mars or if we live on an asteroid,' she says. 'I think, with proper funding, we'll be printing food that is edible and aesthetically pleasing in the next five to ten years.'

Harvest for the world

There are numerous potential advantages to these forms of meat production, according to Jason Matheny, co-founder of New Harvest.

'With a single cell, you could theoretically produce the world's annual meat supply,' he says. It would prevent the slaughter of billions of animals and, according to a study by the Universities of Oxford and Amsterdam, cultured

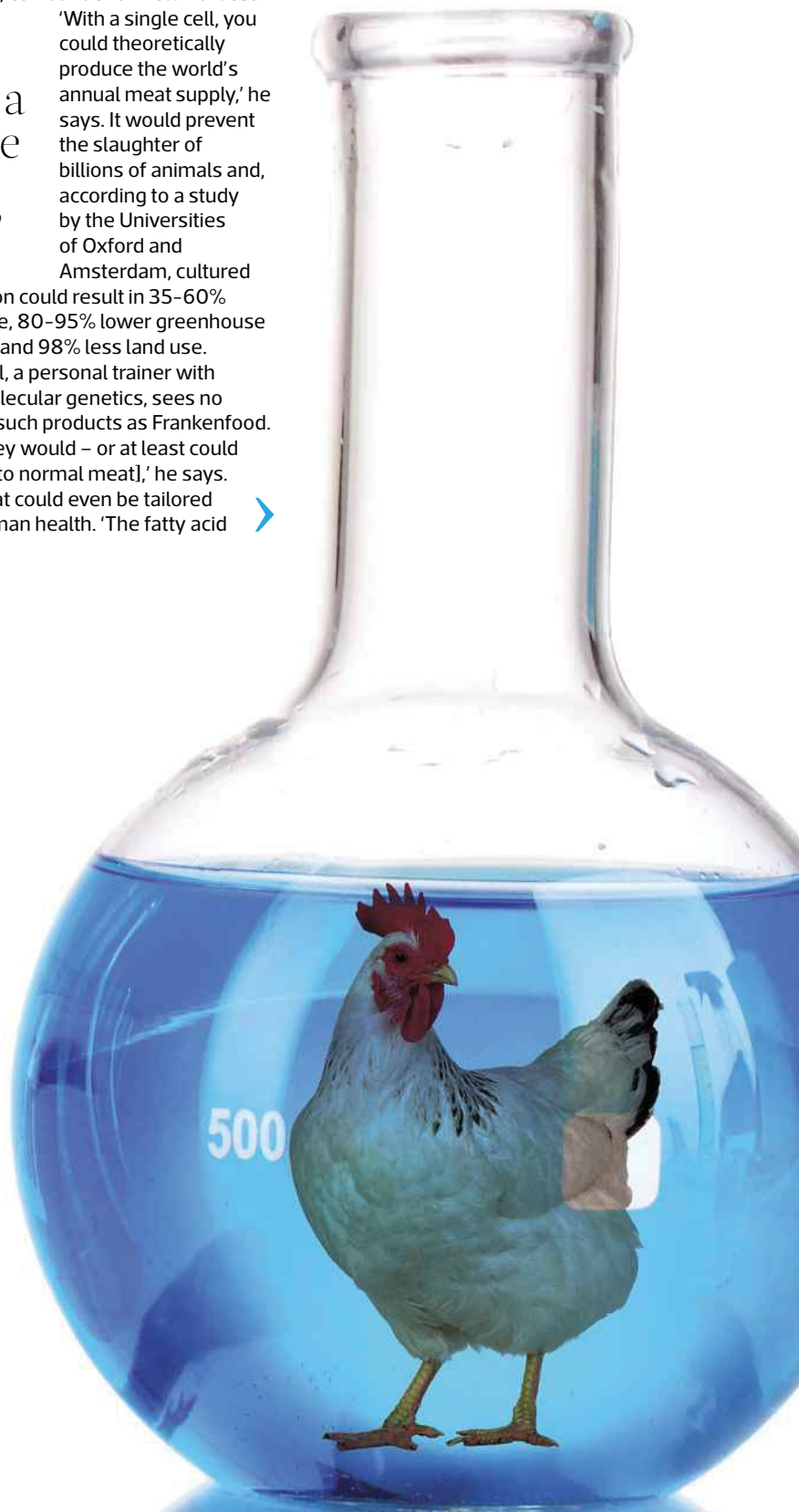
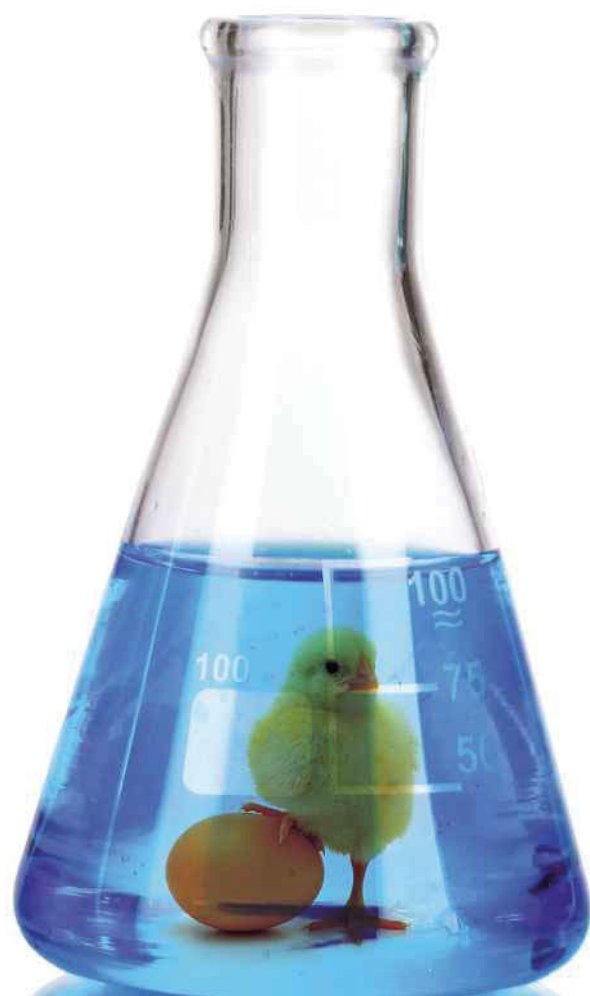
meat production could result in 35-60% less energy use, 80-95% lower greenhouse gas emissions and 98% less land use.

Sean Lerwill, a personal trainer with a degree in molecular genetics, sees no reason to fear such products as Frankenfood. 'Genetically they would – or at least could be – identical [to normal meat],' he says. In fact, the meat could even be tailored to improve human health. 'The fatty acid

'Escalating costs, a colossal environmental footprint and a rising global population make today's meat-producing infrastructure unsustainable'

being used to make everything from haute couture dresses to entire cars. Modern Meadow is researching how bio-ink, filled with hundreds of thousands of live cells, can be printed on moulds made from agarose gel in order to fuse the cells, then placed into a bioreactor to grow.

As well as offering the prospect of steak printers sitting alongside kettles in the family kitchen, this subject attracted



profile could be controlled with more omega 3, 6 and 9 fatty acids,' says Datar. Matheny, meanwhile, says, 'You could possibly design a hamburger that prevents heart attacks instead of causing them.'

Medical marvel

Mark Hines, author of *Human Evolution, Diet And Health: The Case For Paleolithic Nutrition*, is intrigued. 'Meats have been associated with cancers of the gut, so why not make meat that doesn't allow carcinogens to be formed?' he says. 'It might seem I'm favouring something "unnatural", but few of us are hunting wild game, fishing or picking wild fruit today. All our food has been adjusted through farming techniques to make it last longer or taste better.'

Lerwill believes cultured meat could improve both an athlete's health and their bank balance. 'If an average 80kg gym-goer requires 160g of protein a day, even with 30g from a protein shake he needs another 130g of protein – that's five chicken breasts a day or 35 per week, which is very expensive. If cultured meat offered a cheaper alternative without steroids, growth hormones and antibiotics, wouldn't that be better?'

Terfanksy is also excited by the potential health tweaks of printed meat. 'I'm working on another Nasa proposal to look at using algae to grow cyanobacteria such as protein-rich spirulina, which could

'Cultured food might seem unnatural, but few of us are hunting wild game today. All our food has been adjusted through farming techniques'

potentially be incorporated into food,' she says. 'People already take vitamins every day and this would take away the hassle.'

These new methods could also potentially minimise foodborne diseases such as avian influenza (bird flu) and bovine spongiform encephalopathy (BSE). In the USA alone, foodborne diseases cause 76 million illnesses, 325,000 hospitalisations and 5,000 deaths each year. In addition, 70% of all antibiotics are used on livestock, which could cause the development of antibiotic-resistant bacteria.

For the chop

However, not everybody is convinced by these methods. Molecular biologist Margaret Mellon of the Union of Concerned Scientists urges caution. 'Picture a big compound of buildings with scientists tending big vats of cultured cells, making



How meat is printed

Soon, toner cartridges will be the least of your worries

1. Stem cells are extracted from an animal via biopsy, then multiplied.



2. A 3D printer nozzle is filled with 'bio-ink' containing the live cells.

3. Cells are printed on moulds made from agarose gel to form a shape.

4. After several days, the bio-ink fuses and the agarose moulds are removed.

5. The fused cells are placed in a bioreactor and stimulated to mature into muscle fibres.

sure they're all at a constant temperature, that the cells are being kept sterile.

Where does that energy come from?'

Emma Hockridge, policy manager at the Soil Association, is concerned about the impact of removing livestock. 'For organic systems, livestock are a key part of the wider rotation methods,' she says. 'They add manure and fertilise the land organically. When the field is resting – not growing corn – you still can produce food from it, so they're an essential part of the system.'

There are still many technical complications to overcome. To grow a slab of meat would require the creation of a complex blood vessel system in the scaffolding to deliver nutrients and oxygen and remove waste. 'It's a big step to go from making grey goo to creating an appetising meal,' says Brian J Ford, who's also sceptical about creating 'healthier' meat. 'We live in an age of polarisation – one minute we should eat something, then we shouldn't,' he says. 'Given health advice changes so often, we could get it all very wrong.'

In addition, the medium used to grow cultured meat is currently made of foetal bovine serum, which isn't commercially viable, although Datar believes mushroom extracts are a possible alternative. Other problems include regulation, cost – Mark Post's lab-made burger will cost €300,000 – and a lack of support. Post points out the obvious: 'I think the meat industry will be an adversary and maybe a dangerous one.'

There are alternative options to consider too. Pat Brown, a molecular biologist at Stanford University, is developing plant-

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based meat substitutes he believes will be indistinguishable from real meat and will therefore satisfy meat-eaters. And Hockridge believes we can still sustain natural production methods. 'There is another way, which involves organic systems and agro-ecological approaches, but mainly we need to eat less but better-quality meat than at present,' she says. 'Types of meat matter too. Pork and chicken are fed on grain that could be fed to people. Grass-reared beef and lamb are more sustainable. They're farmed in upland areas and eat grass that we can't eat ourselves. Interesting new research also looks at "mob grazing" with large numbers of animals moved around, which replicates natural systems.'

Meat market

Whatever the future holds, it's likely that humans will always crave meat. Ford notes

'The fitness community already eat the most futuristic foods. Athletes get protein from powder rather than food. It isn't wrong'

that a human has the teeth and appendix of an omnivore and the front-facing eyes of a prey-hunting carnivore. Through evolution we're inclined to eat both meat and plant life. Matheny believes there is an innate human appetite for meat, as well as sugar and fat, because these items were rare, valuable and biologically important in our ancestral environment.

But which method of meat production succeeds may simply come down to marketing. Forgacs has admitted difficulties over product titles: 'You say "engineered"

The cost of a burger

Or why meat as we know it simply isn't sustainable



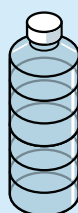
3

kg of grain and forage



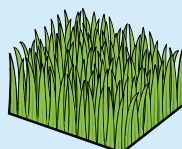
52.8

gallons of water for drinking/irrigating feed crops



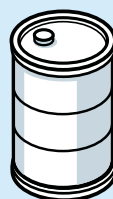
7

square metres of grazing land



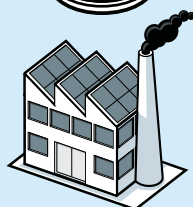
1.1m

joules of energy for feed/transport



6

kg of carbon released



or "lab-made" meat and folks on the street probably won't be very happy.' On the other hand, making cultured meat isn't vastly different from the processes used to make yoghurt, cheese, beer and wine, which people accept without question. And as Ford explains: 'Quorn is made by drying and flavouring the *Fusarium* fungus, so it's profoundly unnatural yet very popular indeed.' Perception, it seems, is everything. 'Why do humans drink milk from the teat of a cow?' asks Ford. 'If you gave them rat's milk, they would think it disgusting.'

Isha Datar believes the fitness industry could play a key part in welcoming new methods. 'I think the fitness community is the most open to futuristic foods because they already eat the most futuristic foods,' she says. 'We see athletes get protein from a powder rather than from food. It isn't wrong. It's the future.' Cultured meat could yield a clean protein source that will appeal to the health-conscious. 'The chicken breast is the gold standard. Why? Because it is boneless, skinless and has very little fat,' she says. 'Well, chickens have bones, skin and fat. If we're searching for lean muscle tissue, then cultured meat is the answer. Cultured meat is also going to come with handfuls of data, which fitness people will like.'

Future fillets

Ultimately, the future of meat production will be decided by a combination of what is scientifically, environmentally and commercially viable and what consumers will accept. The general public will have as much influence as scientists. 'People are more interested in where their food is coming from today,' says Hockridge. 'Information shows more people are using local butchers, free-range chicken and outdoor-reared pork. Look at the furore over horsemeat. People want to know about their food.' But the decisions we make, the opinions we form and the questions we ask each day will also help to shape how that sizzling steak on our plate is created in the future.



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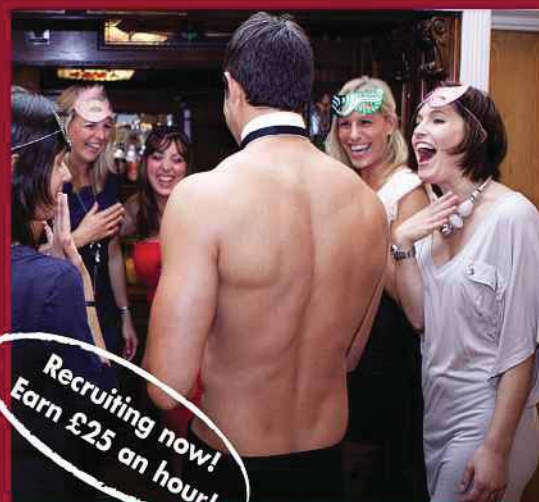


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UPGRADE YOUR WORKOUT

Whatever your gym plan, it could be more efficient. *MF* consults the experts to enhance your time under the bar

Words **Joel Snape** Photography **Tom Miles**

Your session is about more than the moves you do, the weights you lift, and even the sets and reps you push yourself through. A few tweaks can make all the difference between a session that's a total washout and one where you carve out a new

personal best – and they're not even complicated. *MF* has consulted the experts to find out how to fine-tune the most common types of workout, so all you have to do is pick your poison and make the necessary adjustments. No need to thank us – we're just doing our job. ➤



STRENGTH

CARDIO

**UPPER/LOWER SPLIT****CLASSIC SPLIT**

STRENGTH

THE THEORY

Shifting ever higher numbers in the deadlift, bench and squat isn't just for powerlifters – it's also the focus of NFL linebackers and countless weights-room heroes. Aiming to lift more weight gives a clear focus to your planning and it'll also pay muscular dividends.

THE PROBLEM

If you push too hard, too fast, you risk stalling in your gains. And doing nothing but hammering the big lifts with extra sets, reps or workouts is a recipe for injury.

THE FIX

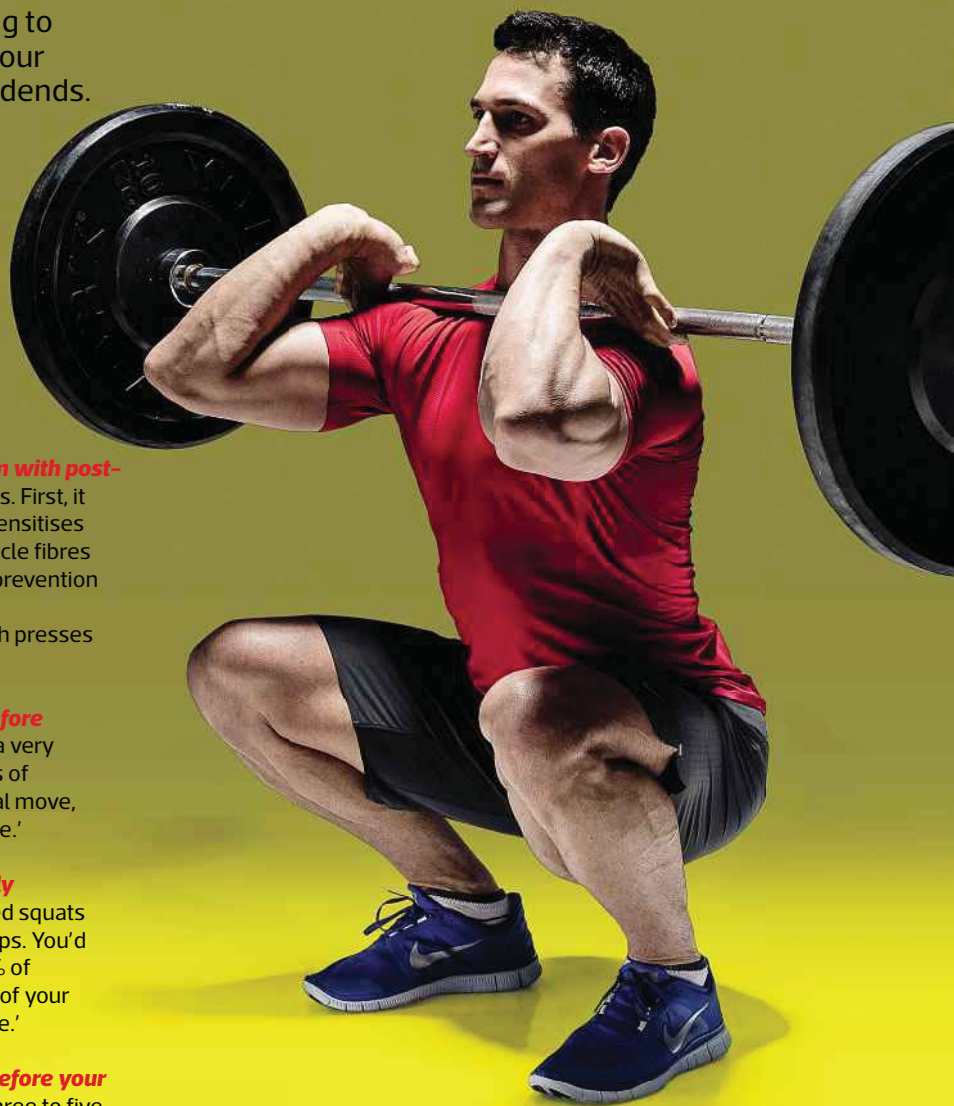
By 'exciting' your nervous system and playing tricks on your body, you can break through boundaries and see a strength increase in a single workout. Strength and conditioning coach Anthony Shaw explains how.

'You're going to fire up your central nervous system with post-activation potentiation, or PAP. This has two benefits. First, it fires up your fast-twitch muscle fibres. Second, it desensitises your Golgi tendon organ, a sensory organ in your muscle fibres that limits the amount your body will lift as an injury-prevention mechanism. The trick is to use two exercises that are biomechanically similar, so med ball throws and bench presses will work, but power cleans and benches won't.'

'Your first option is to do a heavy "partial" move before your main move: say a rack pull before a deadlift, or a very heavy quarter-squat before a full squat. Do three sets of three with 85-100% of your one-rep max in the partial move, then wait four minutes before starting your main move.'

'Option two is to do a strength exercise immediately followed by a power move. For instance, do weighted squats with jump squats, or bench presses with clap press-ups. You'd do three to five reps of your strength move at 75-90% of your max, then immediately go into three to five reps of your power move. Rest for three minutes, then repeat twice.'

'Option three is to do a few sets of a power move before your main strength work. So you might do three sets of three to five reps of broad jumps before a squat workout, or kettlebell swings before deadlifting. Leave four minutes before your strength work.'



FIRING UP

Post-activation potentiation is your secret weapon for strength. Here's how to tailor it to your planned gym session.



JERK

Planning a shoulder-press workout? Warm up with three sets of three push-jerks. Do a quarter-squat, use your momentum to push the bar overhead, then 'drop' underneath it. Rest four minutes, then do your shoulder pressing as planned.



SWING

Warming up for squat day? Start with some kettlebell swings. Do three sets of five, deliberately accelerating the downward part of the swing to increase the load on your glutes and hamstrings. Wait four minutes, then lift.



JUMP

Big deadlifting day? Lay the groundwork with some depth jumps – stand on a bench, lean forward until you drop off, then explode into a jump as you land. Do three sets of five, then rest for four minutes, and you're ready to lift.

CARDIO

THE THEORY

Whether you're a 10K runner or a regular lifter, conditioning is crucial. Intervals will allow you to achieve major improvements in minimum time – provided you do them properly.

THE PROBLEM

Adding distance or speeding up will certainly produce benefits, but it's far from the most efficient way to get them.

THE FIX

High-intensity interval training (HIIT) promises cardio leaps in record time when done properly. Trainer Dan Forbes explains how to save both time and lung power.

'Understand that every session is a stress on your body. Decide on the goal of your session: is it a high day, where you drive your fitness up, or a recovery day? Whichever it is, commit to that and stick to it. The worst thing to do is to start a recovery day and push a little too hard. You'll undermine your recovery but won't go hard enough to improve fitness, so you'll achieve nothing.'

'Using a heart rate monitor is one of the best ways to monitor intensity. If you haven't got one, use the Rate of Perceived Exertion scale, where 0 is no exertion at all and 10 is how fast you'd run if your life depended on it.'

'If you're doing HIIT, make sure the intensity is high. Run at intensity 9-10 for 20-30 seconds, then rest for two to four minutes or until your heart rate drops to 120-130bpm, which means you've recovered enough for another all-out effort. The rest is crucial, because it allows you to return to a high enough intensity to see benefits.'

'Finally, don't use HIIT as an add-on. It's more gruelling than a heavy weights session, so plan it as a workout in its own right. Do a warm-up, six to eight maximum-intensity intervals, some mobility drills, and call it a day. Then recover.'



RECOVERY TIME

'Your recovery session should be easy,' says Forbes. 'I've picked two drills that you should do for 45 seconds each, followed by a couple of minutes of light aerobic work – which gives you a nice circuit.' Refresh your legs by doing this three or four times.



KNEELING ELBOW TO SKY

Kneel with both hands on the floor. Tuck one hand into an armpit, then raise that elbow towards the sky. Pause at the top, then lower and repeat on the other side.



REVERSE LUNGE WITH REACH

Starting from a standing position, lunge backwards with one foot while reaching upwards with the opposite arm. Repeat on the other side. Continue for 45 seconds.



PLATE PUSH

Place a moderately heavy weight plate on a towel and push it across the gym and back for 45 seconds. This shouldn't be tough, so don't go too fast.

UPPER/ LOWER SPLIT

THE THEORY

A good option for intermediate trainees, the upper/lower split is the next step up from doing total-body workouts. It allows the different areas of your body some recovery, while still teaching you to move as a unit.

THE PROBLEM

This type of training can be exhausting, and overdoing things on any one move could lead to injury.

THE FIX

The secret to a good session is preparing your body for what it's about to go through. Chris Burgess, head PT at the University of Bath, takes you through it.

'Start with some myofascial release work.'

Foam rolling is very effective, but work with a tennis ball is better as it's more specific. Roll it on your pec for upper-body sessions and your feet for lower-body – they're connected to the rest of your posterior chain.'

'A good warm-up works your whole body.'

Focus on light, fast movements that work your whole body. Lunges, press-ups and light medicine ball slams will get you more physically and mentally ready to perform than a five-minute cross-trainer session.'

'If you haven't got a coach, you need to take responsibility for your own session.'

Take the 60-90 seconds between sets to record as much information as possible. Note what was a struggle, and where you can improve.'

'After your session, do some very light assistance movements.'

An underrated option is external rotation for the rotator cuff. Grab a resistance band and, keeping your upper-arm against your side, rotate your forearm away from you.'



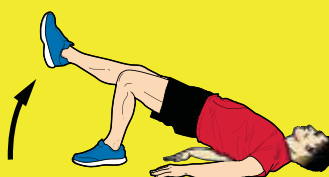
GET WARM, PERFORM

'Almost every session includes your whole body,' says Burgess. 'If you're doing a bent-over row or shoulder press, your legs are still working to stabilise you.' Do the following circuit three times to prepare for almost anything.



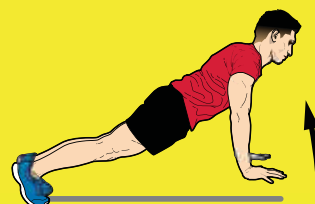
JUMP SQUAT

Do a squat, then explode up off the ground. Reset between each rep for maximum height. Repeat for five reps, and fire up those fast-twitch fibres.



SINGLE-LEG BRIDGE

Lie on the floor with one foot tucked next to your glutes, and the other in the air. Rise into bridge position, then lower slowly. Repeat five times, and switch feet to finish the set.



PLYO PRESS-UP

Do a press-up, exploding off the ground at the top of the move. You don't have to clap, just make sure you land without too much shock on your wrists. Repeat five or six times.

CLASSIC SPLIT

THE THEORY

Splitting your workouts into a body part or two each day – such as back and biceps, chest and triceps or shoulders and legs – allows you to cause maximum micro-trauma to your muscle fibres before giving them a week to grow back stronger.

THE PROBLEM

If you just throw together half a dozen biceps moves, all you'll achieve is the inability to lift your arms at the end of the session – it won't lead to growth. To see improvement, you'll need to push your boundaries both physically and mentally.

THE FIX

Tom Eastham, Fitness First personal trainer of the year, explains how visualisation and intensity can help you break your boundaries.

'The mind is where it all starts.'

Fifteen or 30 minutes before your session, think about your first lift, visualising yourself in the moment. On your way to the gym, get the soundtrack to your workout playing in your ears and take some BCAAs. Enter the gym prepared.'

'During your workout, keep the intensity high.'

Ignore your phone and the gym TVs. Concentrate on each rep you do – feel the contraction in the muscle at the top and bottom of your biceps curl, for instance.'

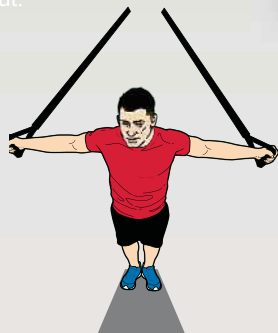
'Try something new every time you train.' A good option is a 'finisher' – say three sets, 60 seconds, as many reps as possible. Working for time instead of reps is a good way to ensure that your body never adapts.'

'Vary the sets, reps and tempo.' Simply going through the motions every time will do nothing for you. Tempo is the forgotten variable. Force yourself to count down slowly on each rep, and watch the difference in your workout.



FLUID MOTION

'If you aren't sufficiently mobile, you won't perform at your optimum level,' says Eastham. 'If you sit down all day, your thoracic spine will tighten up. Releasing it can give you an extra 5-10% in strength gains and improve your posture.' Your best weapon for this is the TRX suspension trainer.



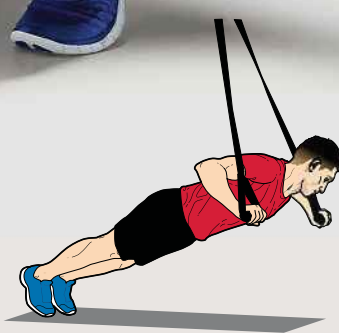
FLYE

Release the tension in your back by putting your hands in the stirrups and leaning forward doing a flye motion. Squeeze your chest muscles at the top of the move.




LUNGE

Holding the handles, lunge backwards onto one leg. If you can, add a twist – it'll help the stability in your thoracic spine.'



PRESS-UP

Do a slow, controlled press-up, feeling the tension on your chest in at the bottom of the rep. Repeat five times. 



EAT FAT GET LEAN

Still think fat's making you fat? Then it's time to rethink your food strategy. With the right choices, fats can help you look, think and perform better

Words Joel Snape

FACT – you've been lied to about fat. Bombardment from outdated government pamphlets, less-than-stellar nutritionists and yoghurt adverts ('0% fat!') have you believing dietary fat, while delicious, will turn into its unappealing belly-based counterpart like a prince turning into a frog. Wrong. Eaten in the right format and at the right time, fat is a powerful weapon for lifting harder, running faster, thinking better – and, yes, getting lean. *MF* and leading nutritionist Ben Coomber start your re-education here.

STEP 1

REWIRE YOUR HEAD

The first step is understanding that fats are not your enemy

One thing the label-makers have right is that fat is the most calorie-dense macronutrient, with nine calories per gram compared with carbohydrate and protein's four. But this in itself does not make fat your enemy. 'We're too quick to cut fat when we want to get rid of a gut,' says Coomber. 'There's no such thing as an essential carb – you could live without carbs at all – but there are essential fats, because your body can't make them from anything else. Your hormones drive nearly every biochemical reaction in your body and they're made primarily from fat in your diet.' Translation: if you want your body to function properly and your hormones in balance, including testosterone, you need to eat fat.

STEP 2

KNOW YOUR ENEMIES

Not all fats are created equal – and the latest science contradicts what you've long been told. Use this cheat sheet when you read the packaging



MONOUNSATURATES

The fats everyone agrees on. Numerous studies have linked them to elevated levels of HDL ('good') cholesterol, while a meta-study conducted by the American Heart Association linked them to decreased risk of cardiovascular disease. Also: they're delicious.

Found in... avocado, olive oil and nuts

Eat them... every day



POLYUNSATURATES

This is the omega 3/6/9 family you see lining the shelves of health-food shops, and they've been linked to a host of positive effects when they're in the right ratio. 'Not one person eats enough fish,' says Coomber. 'It couldn't be any more undervalued.' Solution? Eat more wild-caught salmon or start taking fish oil.

Found in... fish, krill, chia seeds

Eat them... every day



SATURATES

The contentious one. Saturated fat has been linked to heart disease, but a re-evaluation of old research and a new Dutch study have questioned that link. But a warning: 'With saturated fat present, sugar forms cholesterol particles that oxidise easily, damaging your arterial walls,' says Coomber. 'Embrace fat, but ditch sugar.'

Found in... meat

Eat them... in moderation



TRANS FATS

The real enemy – artificial fats made by hydrogenating unsaturated fats to make them stable at room temperature. Fast-food makers love them, but a 1993 study linked them to increased risk of heart attack, and in New York City restaurants must limit them to 0.5g per serving. Avoid if you can.

Found in... margarine, most processed food

Eat them... as little as possible



STEP 3

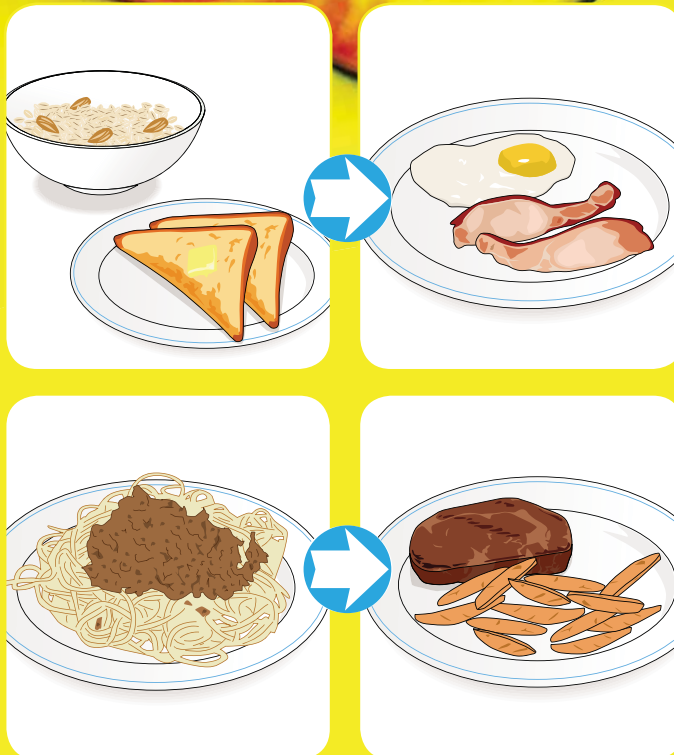
RETRAIN YOUR BODY

Your body wants carbs. To teach it better you need to start first thing in the morning

If your typical breakfast is toast and cereal, you've turned your body into an inefficient, carb-burning, fat-storing machine. But there is an easy fix. 'Recent research shows the more fat-dominant your meals are in the early part of the day, the more fat you'll burn throughout the day,' says Coomber.

'Technically this is due to "up-regulation" of fat-burning through the appropriate energy and enzyme pathways. Put another way, if you feed the body lots of one macronutrient, it will expand its ability to use it as energy.'

The ultra-simple version? 'The more fat you eat, the more fat turnover you'll have. I lean towards a more fat-dominant first half of the day and save the carbs for later on.'



STEP 4

FUEL UP WITH OIL

Add something new to your pre-workout cup of coffee and reap the energy rewards



Carb-loading? So 1990s. The next step of your fat-burning conversion is to convince your body fat is the best source of fuel. Do that by making it the last thing you take before a workout. 'Pre-workout, have a coffee with two or three teaspoonfuls of coconut oil – it'll be burnt fast for fuel as it is packed with medium-chain triglycerides, but still keep you primarily burning fat for fuel,' says Coomber. 'When you work out and need to burn energy fast, your body will still be burning fat but will also burn through your muscle glycogen, keeping you optimised to burn fat and carbohydrates.'

STEP 5

OPTIMISE YOUR INTAKE

With your body primed to burn fat it's time to fine-tune the process depending on your goals. Here's how it's done



FAT LOSS

'You might drop your overall food intake slightly to lower calorie consumption,' says Coomber. 'But overall, you'd keep your fat intake at roughly 30% of your daily calories.' And cut back on the vegetable oil. 'It can lead to inflammatory responses, which damage your overall health,' says Coomber.



PERFORMANCE

If you want to think faster or lift harder, have more coconut oil. 'It's a source of energy and saturates the brain for optimal functioning,' says Coomber. Cook eggs in it or mix a teaspoonful or two into your coffee.



MUSCLE

Want to pack on size? Eat animals. 'Saturated fat feeds into the testosterone pathway and testosterone promotes muscle growth,' says Coomber. If beef is your meat of choice, you also get a solid hit of protein and some energy-boosting creatine – the perfect muscle food.



YOUR BIG FAT MEAL PLAN

Rewire your system to burn fat by eating more of it, with nutritionist Kate Sparkes's recipes and Ben Coomber's fat-loss meal plan

8AM SPANISH OMELETTE

Cook 3-4 eggs in butter with a handful of chopped red onion and tomatoes. Fry some broccoli in a pan with butter, then throw in a splash of water and cover the pan to steam it the rest of the way, and serve with the omelette.

11AM BUTTERED COFFEE

Make a cup of good-quality black coffee, then stir in 1-2tsp unsalted, grass-fed butter – Kerrygold is a good option. Blend with a hand-blender until foamy. Drink.

1PM FETA SALAD

Mix dark leafy greens with a handful of feta cheese and a whole avocado. Drizzle with 1tsp olive oil.

3PM NUTS AND FRUIT

Your choice. Coomber recommends brazil nuts for a hit of selenium and blueberries for the antioxidants.

6PM BAKED SALMON

Marinate your salmon in olive oil, lemon juice, garlic, basil, salt and pepper. Place it on a sheet of foil, drizzle more marinade over it, then wrap the foil around and pinch it closed. Bake in the oven at 190°C/gas mark 5 for 45 minutes. Serve with your choice of veg. **MF**

BEN COOMBER

is one of the UK's leading performance nutritionists. After swimming at national level as a junior, he studied sports coaching and performance, specialising in advanced nutrition. He advises clients including GB Tennis. Visit bencoomber.com.



Blast away belly fat

Get a flat gut with Boot Camp In A Bottle

Meal replacement products can be a useful tool if you're trying to lose weight. But knowing which to choose can be tricky, especially when many are packed with artificial ingredients and unnecessary sugar, carbs and additives. Luckily, help is at hand in the form of Boot Camp In A Bottle, the first and only all-natural meal replacement for fat loss.

Ross Fleming (pictured), an ex-serviceman and qualified British Military Fitness instructor, has always been fit – but despite his best efforts, he always had a layer of belly fat he found difficult to shift.

'I've always trained hard,' says Fleming. 'But losing that last two to three kilos of fat around my waist seemed impossible – until I discovered Boot Camp In A Bottle.' No stranger to doing things the hard way, Fleming appreciated the fact that – unlike most meal replacements – Boot Camp In A Bottle prioritises results over flavour, sacrificing all the sugar and additives that improve taste at the expense of effectiveness.

'It might not taste as good as other meal replacements, but the results speak for themselves,' says Fleming. 'It wouldn't be called Boot Camp if it was easy. If you want a meal replacement that tastes great because it's packed with sugar and artificial ingredients, but is only moderately effective, then this isn't for you.'

While Boot Camp In A Bottle is formulated to fill you up and curb your hunger, it's virtually calorie-free and is also fortified with your recommended daily allowance of vitamins.

Boot Camp In A Bottle is available at www.bootcampfoods.com, priced £39.99. Each bottle contains 50 servings. MF readers can get a 10% discount using the voucher code MF10.



Discount available until 1st July 2013. As with any meal replacement product, Boot Camp In A Bottle should not take the place of a healthy diet and active lifestyle. It's advisable to consult a doctor before starting any weight loss programme.



87%

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Out there

Live life in the fit lane



Bruised and bloodied, MF's Mark finishes stage 3, the punishing Alpe d'Huez section

MFTAKES ON...

HAUTE ROUTE

MF's Mark Bailey battles 780km of lung-bursting, leg-scorching cycling over seven days to conquer one of the sport's toughest amateur challenges

This... is harder... than climbing... Everest,' pants the cyclist next to me as we haul our depleted bodies up yet another Alp. It's the third day of the Haute Route, a seven-day 780km cycling sportive from Geneva to Nice that takes in 19 cols and a leg-busting 21,000m of climbing – the equivalent of cycling from sea level to the summit of Mount Everest 2½ times. Today is the hardest stage, with 138km of cycling and 4,700m of ascent, and an August heat wave has left 600 frazzled cyclists toiling in a mountainous hell. This breathless comment about Everest would ordinarily be viewed as hyperbole from a thoroughly knackered cyclist, but the man uttering it is ten-time Everest climber Kenton Cool. 'This is just in a different league to climbing Everest,' he tells the BBC the next day. 'It's



unbelievably hard. I really can't put across in words how difficult this has been. It's just relentless.' I'd still rather be riding my bike than dodging frostbite while making my painful way up the world's highest mountain, but the point he's making is that when you suffer for seven consecutive days, you take your body and mind to disturbingly dark places.

And day three is the darkest of the lot. When I start the final 1,000m climb to the finish line at the 1,860m summit of Alpe d'Huez, I've already been cycling for six hours in 35°C heat and burned 6,000 calories. My legs have turned to jelly, sun-induced nausea has left my skull pounding and I'd sell my own grandmother for a can of Coke. Any joy at rolling under the finish arch in this

'The Haute Route is the closest you can come to experiencing the life of a pro cyclist'

spectacular mountain scenery ends abruptly when I remember there are four more days to come.

LOFTY AMBITIONS

The Haute Route is dubbed 'the highest and longest cyclosportive in the world'. At first, that sounded to me like an appealing challenge. But soon all I can think about is Karl Pilkington's twisted analysis of the Trans-Siberian Railway's proud reputation as the longest train journey in the world in *An Idiot Abroad*: 'They're selling it on the worst thing about it.' Of course, monumental physical challenges are what make endurance events like the Tour de France such compelling spectacles. And it's what drives amateurs like me – and adventurers like Kenton Cool – to want to sample the suffering of a stage race.

The Haute Route is the closest you can come to experiencing the life of a pro cyclist. You get rolling road closures, motorbike outriders and organised feed stations. Your belongings are collected each morning and transported to your next hotel, and food and massages follow each stage. However, it also means you endure sleep deprivation, aching limbs and timed cut-offs in a daily race against the clock.

Day one begins in inauspicious fashion when I fall off my bike before the race has even started. Trams might be a lovely way to explore Geneva, but their tracks don't get on well with 23mm bike tyres. I begin the 120km stage from Geneva to Megeve, which incorporates 2,700m of climbing, with a swollen knee and bloody limbs.

At the first climb, the 1,297m Col de Romme, I'm in trouble. All those terrifying race stats are flooding my mind and the prospect of seven days of racing seems almost laughably impossible. I fix my gaze on

Just one of the ways in which Haute Route is like a pro race – massages





The dramatic scenery is a serious incentive for the Haute Route riders

Ups and downs

Coach Paul Mill (elitecycling.co.uk) explains how to conquer the mountains



- Eat your energy snacks before you reach the climb. If you eat during the climb your blood is diverted from your muscles to be used for digestion.
- Don't use a high gear on the lower slopes and tire yourself out. Get into a rhythm from the start with a low gear and a high cadence.
- Sit back in the saddle, especially on the steep sections, so you can generate more power.
- As you climb, get in and out of the saddle. This helps to share the load across your different leg muscles.
- Keep your upper body as relaxed as possible and your grip really wide. If your shoulders tense it will affect your muscular chain all the way down to your glutes.



- Sit as far back in your saddle as possible so your weight is over your back wheel for extra stability at high speeds.
- Brake before you reach a corner. If you're going too fast, brake and sit upright to create an extra 'air brake', then dip low again as you turn.
- The wider your entry to a corner, the more easily you can see around it. When you reach the apex of the bend look for the exit as soon as possible.
- If you're turning right, put your weight down hard on your left foot (to stretch the tyre for extra grip) and keep the inside pedal up.
- If you're turning left, dip your right knee and your right shoulder into the corner like a motorbike rider for extra balance.

the Tarmac, get into a rhythm and grind to the top. Next up is the daunting 1,613m Col de la Colombière. It's brutally exposed to the sun and the final 6km has a vicious 10% gradient, but the mountain views can do more for a tired athlete than any energy gel.

I enjoy an amazing view of Mont Blanc during the final climb, the 1,486m Col des Aravis, and roll into Megeve in 303rd place – happily halfway through the pack.

SECONDS OUT

I start day two in a worse state than the day before. Having scorched half my derriere in yesterday's crash, I slept no more than an hour all night, awoken with every meeting of red-raw flesh and duvet. Yet today I face a 105km ride and another 2,700m of ascent. I

'I have succumbed to illness. I'm so full of gunk I can't breathe, which makes six months of aerobic training somewhat wasted'

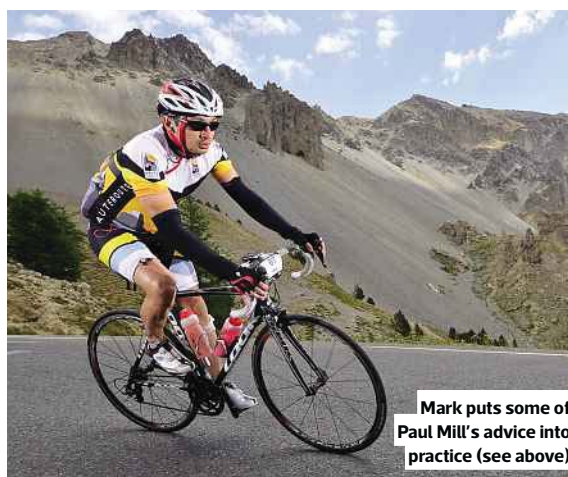
struggle over the 1,657m Col des Saisies and am clearly in a bad way. I plough into each feed station like a pig into a trough, guzzling bananas and energy gels – and probably a few plastic wrappers too. The final climb up to Courchevel at 1,850m is an arduous 25km slog and feels like a vindictively cruel end to the day.

Day three is the feared marathon stage, with 138km of cycling and a colossal 4,700m of climbing. We take on the 1,993m Col de la Madeleine, 1,924m Col du Glandon and 1,860m Alpe d'Huez, and the scenery is an epic mix of jagged peaks, Alpine meadows and glistening lakes. In the heatwave, the Glandon feels like a furnace. The father of a Swiss rider is playing a giant alpine horn at the top, but to an exhausted Englishman it sounds ominously like the 'Last Post'. I reach the finish in just over seven hours. Ninety-six riders miss the cut-off, wiping a sixth of the riders off the official finishing list. In the local sports hall, some riders are wrapped in foil and attached to drips. The town is populated by hollow-eyed zombies in Lycra who can only shuffle and eat.

MIND GAMES

The fourth stage is a time trial up the notorious 21 bends of Alpe d'Huez with 1,100m of ascent in 15km. Rolling down the start ramp in the town of Bourg d'Oisans triggers a burst of adrenaline and I can feel my heart pumping. I aim for a steady pace and finish in a time of one hour and 11 minutes. It's a shorter day, but when I get to the top I feel queasy and I spend the entire afternoon in bed.

I wake on day five with 'the Haute Route flu'. The mingling of hundreds of riders with under-strength immune systems often sparks a bout of illness,



Mark puts some of Paul Mill's advice into practice (see above)



Mark looks forward to a dip in the Mediterranean



The riders roll into Nice and look relieved to be almost at the finish

and I have succumbed. I'm so full of gunk I can't breathe through my nose, which makes six months of furious aerobic training somewhat wasted. It hurts every time I swallow and my head is pounding, but I face another 3,700m of climbing during a 136km journey to Risoul.

Over five hours and 57 minutes of purgatory I could quit at every pedal stroke – which, with a cadence of 90 revolutions per minute, means I almost cave in 32,400 times. I'm a mess, coughing, gobbing and sneezing. Sometimes I mentally tick off every 100m on my Garmin. Mostly I just aim to reach the next tree. When I arrive at the finish, soaked to the bone and shivering after the first storms of the week, I can barely pick up my fork to eat.

IMPROVING OUTLOOK

After the previous day's horrors, I commence day six – a 98km journey to Auron and 3,200m of vertical ascent – with much trepidation (and a packet of Strepsils stuffed up my bib shorts) but as soon as I start riding I feel strong again. Today's route includes the 2,802m Cime de la Bonette – the highest paved road in the Alps, which is a stark moonscape of grey rock and barren slopes – and the beautiful Mercantour National Park. The incredible landscapes fuel me to the finish at the 1,600m peak of Auron and I achieve my highest placement so far, finishing 250th on the day.

The final day is a 170km journey to Nice and the longest stage of the week. We rise at 4am for breakfast and after setting off at 6.30am we soon tackle the 1,678m Col de la Couillole and enjoy a dizzying descent through dark tunnels and underneath the overhanging rocks of the stunning Gorges du Cians at speeds of 90km/h. It's terrifying and exhilarating in equal measure.

We struggle on towards the finish of the timed stage at the 962m Col de Vence, but with 21,000m of mountains now in the legs every pedal stroke is excruciating. When I finally see the bright red

'When I finally see the bright red Finish sign appear over the crest of the hill, I want to cry'

Arrivée (finish) sign appear over the crest of the hill, I want to cry. I find out that I finished 302nd, but I'm more interested in finding chocolate biscuits.

All that's left is for the entire peloton of 600 riders to roll into Nice under police escort and to celebrate with a glorious dip in the Mediterranean Sea. As I float about in my stinking Lycra, with my wounds stinging in the salt water, I have an even deeper respect for professional cyclists than when I cycled out of Geneva seven days before. I'll never be able to watch DVDs of my Tour de France heroes in the same way again. After seven days in the saddle, I can't even sit down. **W**

Visit hauteroute.org for information on the race.

Take the stage

When one day of pain just isn't enough...

ALPINE CHALLENGE

Unlike the itinerant Haute Route structure, riders are based in the lakeside French town of Annecy. Taking place in September, the event offers four 110km stages of racing in the mountains, including famous Tour climbs such as the Col des Aravis and the Col de la Croix Fry. thealpinechallenge.com

HAUTE ROUTE PYRENEES

New for 2013, the Haute Route Pyrénées is the sister event of the Haute Route Alps. It follows the same seven-day format but instead takes you on a journey across the Pyrénées from Barcelona to Biarritz. The September event includes the legendary Col d'Aubisque and the Col du Tourmalet. hauteroute.org

RIDE ACROSS BRITAIN

In June of each year, 700 riders take on the nine-day, 1,544km ride from John o' Groats to Land's End, staying in organised camps along the way. You can also do shorter four or five-day England-only or Scotland-only trip. This year rugby star Lewis Moody and winter Olympian Amy Williams are giving it a go. rideacrossbritain.com

CAPE ROULEUR

Every March the spectacular Cape Rouleur sportive sees riders cycle 600km and complete 5,000m of climbing in stunning South African scenery. Over three days, they experience the Perdeberg National Reserve, Paarl mountain and the notorious Helshoogte climb. caperouleur.com

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MF TESTS...

HYBRID BIKES

Find a bike that's at home on off-road trails and city streets with this selection, reviewed by *Cyclist* magazine's James Spender

At 11.7kg the Cannondale is easy to lift on to a train or carry over impassable terrain

Cannondale Bad Boy 2

£1,200

The Bad Boy has long since surpassed its juvenile name and has grown up to become the benchmark in functional commuting cool. Its sturdy Maddux rims sit alongside Schwalbe's fast-rolling Kojak tyres, while Shimano's M446 hydraulic brakes and ultra-reliable SLX/Deore drivetrain work effectively and unobtrusively. But it's the frame and fork that make this bike truly outstanding. Cannondale's proprietary Headshok suspension system is attached to a smooth-welded 6061 aluminium frame, providing speed, comfort and style that maintain the Bad Boy's reputation for top-notch performance.



Trek 7.2 FX Disc

£475

Trek's 7.2 offers great value from one of the industry's biggest brands, thanks in part to the liberal use of components from Trek's sister brand, Bontrager. The wheels and finish are Bontrager, while in another budget-friendly move, the hydraulic disc brakes have been swapped for mechanical offerings from Tektro.



Norco Indie 2

£580

A few years ago hydraulic disc brakes on a sub-£600 bike were unheard of, but that's exactly what the Indie 2 has. Its upright design and 37c tyres provide a stable ride that inspires confidence, although it's not going to win any medals for speed. Plus it's bright orange.



Specialized Sirrus Elite

£650

This is a hybrid in the truest sense of the word, blending Specialized's expert knowledge of road bikes with altogether more practical features such as a triple chainset, comfortable 28c tyres and neat internal cable routing. You're likely to see quite a few of these on the road, which may be a downside for some – but hey, good products sell.



Ridgeback Advance 4.0

£700

For those who want a taste of road bike action, the Ridgeback Advance has drop handlebars instead of flats, a big 52x11 top gear and straight-blade carbon fork. This is tempered by a high-rise stem and wide 28c rubber, a combination that ensures this bike is still comfortable enough for your daily commute.



All these bikes and helmets are available at evanscycles.com

Head case

Bike helmets with style



BERN BRENTWOOD £65

This sleekly styled headgear with integrated visor has been injected with high-impact foam to make it tough, although it's still one of the lighter helmets available at £354g.



GIRO AEON £140

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LAZER SPORT GENESIS FLASH £117

The Genesis has a race-proven pedigree. Built to ensure a perfect fit, with an attachable visor and hi-vis fluoro yellow design, it's equally at home on the daily commute or in the pro peloton.



LOUIS GARNEAU CARVE £40

The Carve's plastic shell uses Exo-Nerv technology, which means its U-shaped ribs have been folded six times during manufacture to reinforce them. It's also easy to adjust one-handed for extra safety.



SPECIALIZED PROPERO II £55

The Propero II is a solid choice for an entry-level performance road helmet. Generous vents keep air flowing, while the pad webbing will keep you comfortable and won't stretch in the wet.

NAME: Hair-vit®**Occupation:** Vitamins that keep your hair healthy

Taking daily vitamins and minerals plays a vital role in keeping hair healthy. Hair-vit® capsules are specifically formulated to provide vital nutrients that are required for healthy looking hair. They're enriched with B vitamins which work as an anti-ageing agent by preventing greying and hair loss. Zinc has a healing effect on the scalp and rejuvenates hair follicles. Hydrolysed gelatine helps to strengthen nails and hair and to fortify your hair shaft and scalp. Amino acids are key to the completion and rejuvenation of the hair growth cycle – they help to build new cells, promote hair growth and improve the quality and texture of your hair.



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➔ **More info:** Hair-vit® retails at £9.99 for 30 capsules or £25.99 for 90 capsules. Contact HealthAid Ltd on 020 8426 3400 for purchase and stockist information or visit www.healthaid.co.uk.

NAME: Madform**Occupation:** Fat reducer and muscle toner

MADFORM, the most exciting range of sports products new to the UK for 2013, presents Intensive Sports Slimmer, which is specially designed for the waist and abdomen of men trying to get into shape faster.

Its foaming application ensures a great even coverage that combats and breaks down localised fat deposits by taking advantage of the nocturnal hours when the skin is most receptive.

A single application massaged into the waist and abdomen before you go to bed at night and, for an intense workout, another application 30 minutes before exercise will result in an effective and fast fat reduction of the treated areas.



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NAME: Icon**Occupation:** High-tech indoor training bikes

With cycling exploding in popularity in the UK, there has never been a better time for people of all fitness levels to swing their leg over the saddle and get involved.

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The machine has Real Road™ resistance technology and a motorised 20% incline and decline, allowing user to experience the thigh-burning inclines of the mountain stages of the Tour.

It also incorporates Google Maps Street View technology and provides seamless outdoor-to-indoor training for different types of exercise and workouts. iFit Outside lets you consolidate a range of fitness and diet monitoring into one place to help you get the best results.



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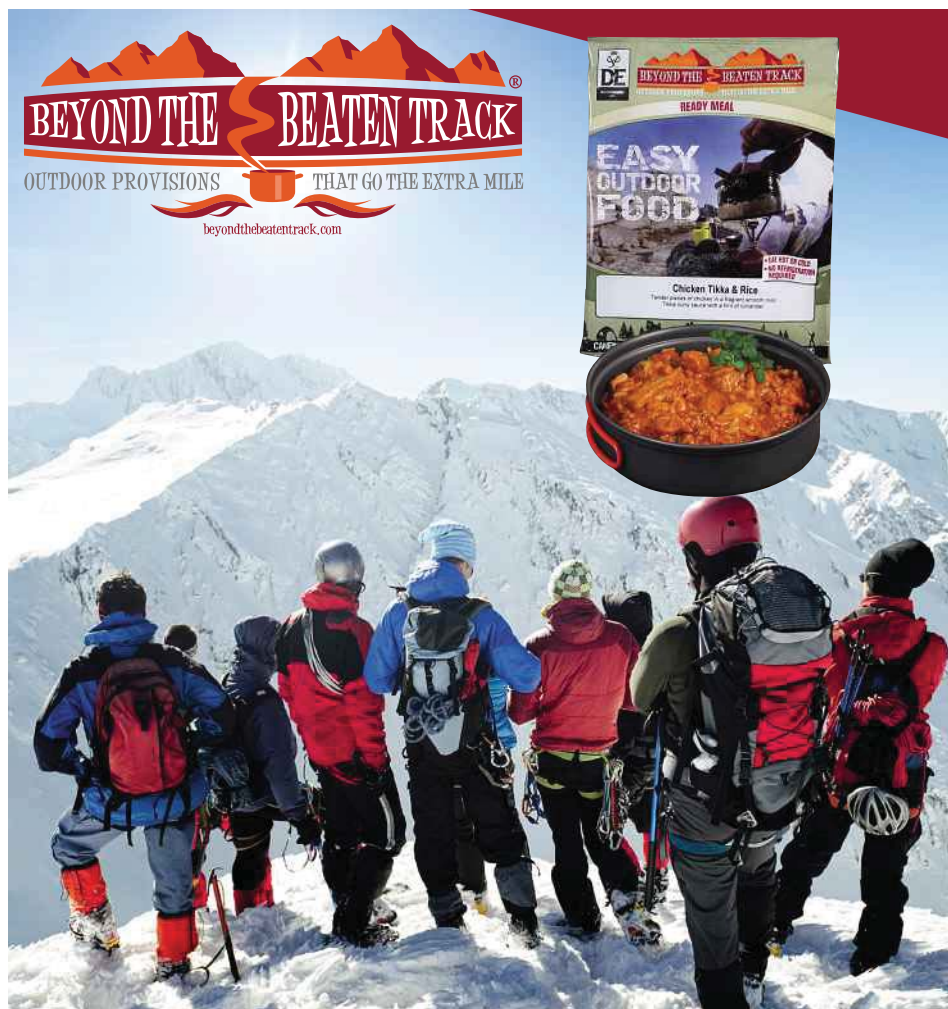
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6000D runners show that you don't need snow to enjoy the slopes



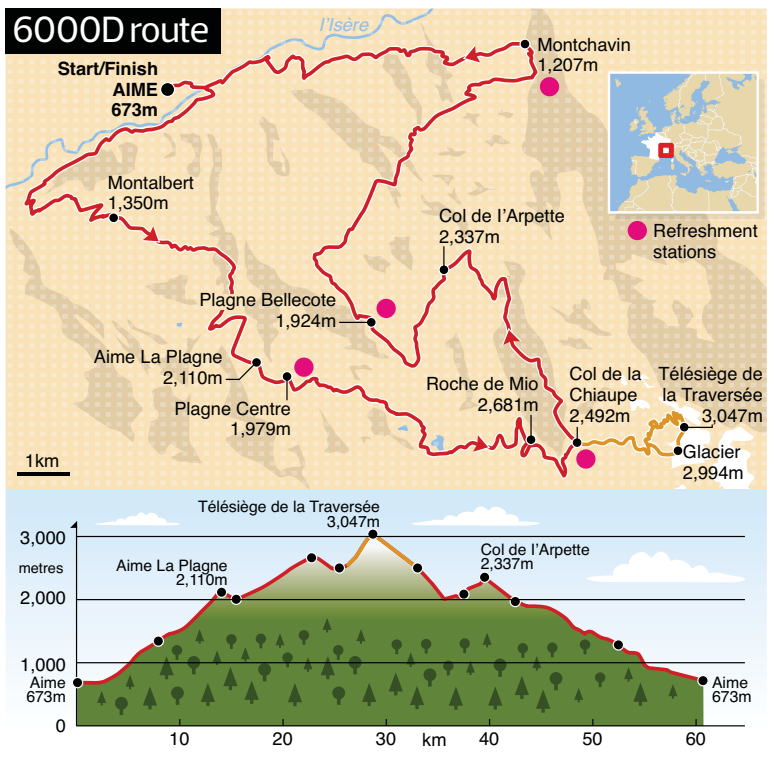
MF TAKES ON...

THE 6000D ULTRA

Ski resorts aren't all about snow. MF's Warren Pole battles the other elements as he takes on an ultramarathon in the French Alps

I'm shivering in the early-morning air on the side of a mountain in the French Alps. The ski lifts, chalets and Alpine bars suggest that I'm in the middle of a ski resort – but there's a distinct lack of snow. That's because this is no ski trip but the 6000D, a mountain run of monstrous proportions that turns one of Europe's best ski playgrounds, La Plagne, into a trail runner's paradise for one weekend in July. And just to emphasise that we're not dealing with ski conditions, the weather chooses the minute before the race starts to deluge the entire field with a shower heavy enough to send Noah back to the workshop for more wood.

No weather could dampen the spirits of the assembled runners, though. Amid much Gallic shrugging of shoulders and plenty



of joking banter, everyone simply digs out their rain jackets and, as the start announcer reaches the end of his countdown, powers into action.

HIGH TIMES

The 6000D is a stalwart on the European ultradistance scene, and lures runners in by the truckload every year. It sends competitors from a pleasantly lowland altitude of 673m at the start line in Aime to a punishing 3,000m at the halfway point – which, for added effect, is also on top of a glacier. Then it plunges them headlong down the slopes again to finish back where they started, 63km of running later.

Five minutes after the start, as we wind our way out of Aime and past what appears to be the entire local population, which has come out to cheer us on, the rain stops as abruptly as it had begun. Instead of feeling smug in my super-light waterproof, I now feel like a boil-in-the-bag meal. Jacket removed, my legs and body start to acclimatise to the challenge.

Unlike many mountain races, which roll you up and down assorted summits, the 6000D dishes out all the climbing pretty much in one early hit. There are occasional breathers, mini-plateaus where you can shake a little life back into your legs, often in the small villages that dot these mountains and deliver the added



Walking Pole: MF's Warren breaks out his sticks during the long ascent

'The 6000D dishes out all the climbing pretty much in one early hit'

bonus of some cheering and cowbell ringing from friendly locals. This helps take your mind off the fact that your legs feel as if someone's been battering them with a cricket bat for a couple of hours.

POLE POSITION

The climb winds on and the rain comes back, turning the earthy trail into a slippery swamp. That's not ideal when you're going the 'wrong' way up what would normally be a black ski run, and at this point I'm thankful I've brought my trusty walking poles. They bend like coat hangers if you put real weight on them, but they're light and they're ideal for taking the sting out of long climbs. They also do a fine job of keeping you moving uphill when the ground offers less traction than the average ice rink.

We plough onwards and upwards, a single-file line of heavy-breathers speed-marching on to a summit that never seems to get any closer. We pass under chairlifts, over mogul fields and through more ski resorts, which look rather odd without their usual deep coating of snow.

The elite athletes contesting the silverware probably run the entire course, but that's definitely the preserve of the prodigiously talented and obscenely well conditioned. For the rest of us, a purposeful yomp uphill is best. Anything more burns too much, too soon and a painful bonk long before the finish line is the likely result.

So it's a surprise when a runner overtakes me, blowing like Thomas the Tank Engine and hauling hard for the summit. It's only when he is swiftly followed by several others that the penny drops. Alongside the 6000D there's a shorter race (a 'mere' 23km) which shares much of the same course. These are the race leaders of that event, the 2 Lakes Trail, on their charge for



The race starts early in Aime, and at a low altitude



The trail climbs from 673m at the start to a leg-melting 3,000m

Running up that hill

More mountain races worth punishing your legs for

● LAVAREDO ULTRA TRAIL, *Italy*

Perhaps the most scenic ultramarathon in the world, the Lavaredo Ultra Trail is a 120km trail run through the stunning natural beauty of the Dolomite mountains. It takes in lush forest, parched canyons and jagged summit peaks. Brutal and beautiful in equal measure.

ultratrail.it

● ULTRA TRAIL DU MONT BLANC, *France/Italy/Switzerland*

Europe's toughest trail ultramarathon is a genuine behemoth. Its 160-plus kilometres of leg-shredding running take in three countries and almost 10,000m vertical gain and the same in descent. For comparison, Everest is 8,848m.

ultratrailmb.com

● WEST HIGHLAND WAY, *Scotland*

This 150km monster that runs from just outside Glasgow all the way up to Fort William takes in the finest mountains in Scotland – which pretty much makes it the best mountain race in Britain. If you're feeling strong at the end, you'll be perfectly placed for a quick lap of Ben Nevis too.

westhighlandwayrace.org



Rain ruled out the glacial portion of the course, shortening the run from 63 to 53km

glory, and this realisation makes me feel better about having been so comprehensively outpaced on one of the steepest parts of the course, and also a little smug that I'll be more than doubling their race distance today.

SHORT MEASURES

At an aid station just beyond the summit, I avail myself of the fare on offer, from chilled cola to fine local cheese and ham. With my Camelbak hydration pack refilled, it's time for a nice spot of descending as the skies clear and sunshine replaces miserable drizzle, bathing the mountain in golden light. It's a magical sight that puts the fire back into tired legs on the way to the next checkpoint.

Perhaps I was half-asleep at the start when the announcements were made – it was 6am after all – but as I arrive at the resort of Plagne Bellecôte I have the distinct feeling that I've missed something. A sign tells me that I'm 42km into the race, but according to my watch I've only run 32. After some terrible French on my part, and some great patience on the marshall's, I learn that the route's 10km glacier loop has been cut – the weather has made it unsafe to run there.

Don't get me wrong – it's a shame to miss the glacier. However, suddenly finding out that I only have 21km left

'As the trail winds down through lush forests, it's time to make the most of having gravity on side'

to run instead of the 31km I was expecting puts quite a spring in my step. Better still, those remaining kilometres are almost all downhill.

DOWN TO THE WIRE

As the trail winds down through lush forests, it's time to make the most of having gravity on side. With my thoughts focused on the giant pizza and frosty beer I've promised myself once I'm back in Aime, I batter down as fast as I can, hoping that this tactic will get me across the finish line before my legs give out. It's a close thing, and as the trail levels in the final mile back to the village the distance begins to bite, but I have just enough in the tank for a decent finish – and the cheering crowd helps.

I've completed the adjusted 53km course in just over eight hours. The winners made it home in under five, while others remain in the hills for up to 12. Whatever the individual results, there are big smiles all round in Aime afterwards thanks to the party atmosphere the race brings to town every year, proving that you don't need snow to make the most of a good ski resort. **MF**

This year's 6000D race takes place on 27th July. For more info go to la6000d.com

Essential mountain gear

Stay as warm and sure-footed as a goat with this must-have kit



WATERPROOF JACKET

Ideally it should pack up to be no larger than a standard padded envelope so it's easy to stash. It'll be a lifesaver when the weather turns ugly, as is likely in the mountains. The lighter the better, too: Mountain Hardwear's Ghost Whisperer 57g hooded jacket is a great example. **£100 mountainhardwear.com**



TRAINERS

Specific trail shoes are not essential. The key is that your shoes should be well tested in training and suitably worn in. I swear by Brooks Adrenaline ASR 9 shoes, which are sturdy, water-resistant and well cushioned, and suitable for long-distance running on or off road. **£100 brooksrunning.co.uk**



TREKKING POLES

These are unnecessary in UK events, but as soon as you cross the Channel and hit the big mountains they make a huge difference, taking the strain off exhausted legs during long ascents. Lightweight and collapsible is the key: try Raidlight's 259g foldable trail poles. **£60 (€51) raidlight.com**



BACKPACK

You need just enough space for the essentials to last the race. A hydration pack is crucial because it's not always easy to deal with bottles during a run, particularly if you're exhausted. The North Face's Enduro hydration pack has served me well for a long time. **£100 uk.northface.com**



WIN A training holiday in the Spanish sun

Men's Fitness has teamed up with New You Boot Camp to offer one reader a week-long stay in Spain, enjoying the sunshine while you get fit and eat delicious healthy food.

The New You Spanish Boot Camp Retreat is located at the Hotel Monasterio, which lies in the idyllic rural setting of the Cadiz countryside near Marbella and the Port of Sotogrande. The competition winner will have two options: the traditional boot camp programme focused on intensity and training results, or a healthy holiday with a mixture of fitness, massages and relaxation around the outdoor pool. It's entirely flexible – you can do as little or as much training as you like, while other possibilities include fitness and nutritional education sessions, cookery demonstrations, planned excursions or simply heading out and exploring the area.

No matter what your present fitness levels or goals, New You Boot Camp will be just what you need – a holiday that helps you take control of your health, fitness and body image, and gives you the required knowledge to support an ever-improving New You.

For more information visit newyoubootcamp.com

How to enter

For your chance to win, simply answer this question:

The New You Spanish Boot Camp Retreat is located at the Hotel Monasterio. What does Monasterio mean in English?

A Bicycle B Monastery C Cabbage

To enter and for terms and conditions, go to mensfitness.co.uk/links/spainbootcamp

Prize details

Here's what one lucky winner will receive...

- ➔ Full access to the world-famous New You Boot Camp training programme
- ➔ All food and drink as part of NYBC's exclusive Therapeutic Cooking programme
- ➔ Accommodation in a single room at the prestigious Hotel Monasterio
- ➔ Return transfers from Málaga Airport

**Worth
£2,000**



Flights to and from Spain are not included, and excursions and massages are an additional cost. Accommodation is subject to availability at the time of booking, and every endeavour will be made to accommodate the winner in the next best available accommodation on the date of choice. Further terms and conditions are available at mensfitness.co.uk/links/spainbootcamp or the New You Boot Camp head office on 01202 559336.

FOCUS PRODUCTS



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NEXGEN® PRO

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EAT/FIT

Tomatoes are a great source of vitamins A and C, which work together to neutralise damaging free radicals in the body



Red or dead

Protect your heart with tomatoes

You've probably heard that red wine is good for your heart, but you may not be aware of the heart-boosting properties of tomatoes. A Cambridge University study has revealed that the carotenoid lycopene, found in tomatoes, can help to reduce the risk of heart attacks. Researchers found that taking a lycopene-rich supplement boosted blood flow and improved the lining of vessels in patients with heart conditions. It also increased the flexibility of their arteries by 50%. Lycopene, which gives tomatoes their red colour, also breaks down fatty deposits in the arteries.

6 top protein sources

Turbo-charge your muscle growth with these protein-packed foods

1

LAMB

36g protein per 100g

It also has high levels of tryptophan, which helps to regulate your appetite.

2

PARMESAN

36g protein per 100g

It's also packed with bone-strengthening calcium.

3

PUMPKIN SEEDS

33g protein per 100g

They also contain lots of healthy polyunsaturated fats.

4

PORK

32g protein per 100g

Plus it contains plenty of magnesium, which helps strengthen your muscles.

5

CHICKEN

33g protein per 100g

It also helps lower LDL ('bad') cholesterol with vitamin B3.

6

TUNA

30g protein per 100g

It's also a great source of testosterone-boosting zinc.



Nutrition Q&A

Laurent Bannock is a sports scientist and performance nutritionist for pro rugby teams and other elite athletes (guruperformance.com)

Q Is it true that 'healthy' breakfast cereals are actually bad for me?

A When the food industry uses the term 'healthy' it's often misleading. Typically, a 'healthy' breakfast cereal is one that's low in fat and has added vitamins. The problem is that these highly processed foods are often high in sugar, with a lower nutrient density than their wholefood counterparts. Refined grains can lose more nutrients than are subsequently added, and the levels of fibre are usually low or nonexistent. Even 'high-fibre' cereals don't provide the best form of fibre for your gut and they can contain as many refined carbs as a cake or a full-sugar fizzy drink. Typically, 'healthy' breakfast cereals are not healthy at all and certainly don't support people's training or fat loss goals.



Kitchen Gadget

Chambord French press coffee maker
£72 bodum.com

Coffee is an effective pre-workout performance booster, providing your nervous system with a dose of caffeine to kick-start your gym session and help you train harder. This stylish coffee maker from Chambord has a stainless steel casing that prevents spillage and an insulating silicone gasket to maintain heat. A push lever allows you to operate it with one hand, so it's easy to use as well as a thing of beauty.



Want a recipe for delicious, protein-packed brownies? Go to mensfitness.co.uk/links/musclebrownies

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AFTER



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Oli, 26, Engineer



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Friendly fats

Lose body fat by eating healthy fats with this plan

As we explained in our investigation into dietary fat on p70 this month, eating fatty foods doesn't make you fat. While hydrogenated fats and man-made trans fats are bad news if you want a flat belly, most natural fats will actually do you good – even saturated fat, which had previously been linked to obesity and heart disease. This meal plan features high-fat foods you can enjoy while shrinking your waistline.

OLIVES

are a great source of the monounsaturated fat oleic acid, as well as filling fibre.

MANCHEGO CHEESE

is made from sheep's milk, so it's higher in healthy fat than cow's milk cheese. It also contains bone-strengthening calcium.

ANCHOVIES

are full of healthy omega 3 fats and muscle-building protein.

BREAKFAST

Peanut butter is around 40% unsaturated fat and is also a source of muscle-building protein. Have it on wholemeal toast.

LUNCH

Pancetta and mozzarella salad with spinach leaves and pine nuts provides plenty of healthy fats and bone-strengthening vitamin K.

DINNER

Tapas platter (serves 2)

1 whole chorizo sausage, sliced / 70g serrano ham, sliced / Handful of green olives / Handful of black olives / 3 small fresh figs / 100g manchego cheese / 50g anchovies in olive oil / 100g roasted peppers / Handful of parsley (optional), to garnish

SNACKS

Cashew and brazil nuts are high in the heart-protecting monounsaturated fat oleic acid, as well as branched-chain amino acids for muscle growth.

DAILY TOTALS

2,552 calories
268g carbs
197g protein
101g fat

For more meal plans to help you build the body you want go to mensfitness.co.uk/links/mealplans

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Carb back-loading

Eating all your carbs in the evening could be the key to fat loss, says nutrition expert Scott Baptie

What is carb back-loading?

In a nutshell, you avoid eating carbs throughout the day, eating only protein and fat. You save all your carbohydrates for after your workout, which should take place in the late afternoon or early evening.

But I thought carbs were bad for you?

Not at all. There are many cases of 'carb-phobia' going around right now, but it's pretty much unwarranted. No one type of food in isolation – with the exception of man-made trans fats – is bad for you, and you shouldn't think of foods as either 'good' or 'bad'. Your diet as a whole can be unhealthy, or it can be healthy and supportive of your goals. It's not advisable to cut out any one food group or an entire macronutrient, such as carbohydrate, from your nutrition regime. Balance is the key.

How does it work?

The idea behind carb back-loading is that eating your carbs in the evening after training has the effect of manipulating certain hormones, primarily insulin, which can help with fat loss. If you adopt this approach, you have to avoid carbohydrates at breakfast and throughout the day (except for vegetables). The theory is that this helps to burn more fat than eating more frequent, carbohydrate-based meals.

However, the specific manipulation of hormones is a high level of management that's unnecessary for the majority of people who train. For most gym-goers, it's best to focus on the big picture of hitting your macronutrient (fat, protein and carbohydrates) targets and let the hormones take care of themselves.

With all the advice I've heard, I haven't eaten a carb after 7pm for years. What's changed?

The myth that carbs should be avoided at night because they are more fattening when



'The myth that carbs are more fattening when eaten later in the day has been strangely persistent'

eaten later in the day has been strangely persistent. Most experts agree that the timing of your nutrient intake is far less important than your total daily intake. With regards to body composition, neither the type nor timing of when you eat your carbohydrates really matters; ensuring you hit your total macronutrient targets while consuming sufficient fibre and eating a range of nutrient-dense foods is the most important aim for body composition.

When you eat your carbohydrates should be dictated by personal preference, tolerance, schedule and goals. You can eat them in one, three or nine meals a day as long as your total intake is the same at the end of the day.

If I'm back-loading, what kind of carbs can I eat?

Any carbohydrates are allowed, from nutrient-dense foods such as sweet potato, brown rice and fruit to more refined,

sugary foods such as ice cream, biscuits and cakes. Of course, if cake is your primary source of carbs your fat loss efforts won't be that successful. Probably.

How many carbs should I eat?

For the first nine days you are limited to 30g a day. This low-carb period improves your body's insulin response, so you're primed to deal with carbs without dramatic blood sugar spikes. Then, on the tenth day, you can eat as much carbohydrate as you like. After that you can continue to eat carbs after your evening training sessions, according to your goals.

Won't all those carbs in such a short space of time make me fat?

It might seem as if you're eating a lot of carbohydrates, but remember you're not having any at breakfast, lunch or any point in the day. As long as you don't go carb-crazy, you should still be in a fat-burning calorie deficit.

So what can I eat between waking up and training?

Well, your diet is pretty limited – to just vegetables, protein and fats. So lots of meat, fish, green veg, healthy oils, nuts and seeds. That should keep the hunger monsters away.

Scott Baptie is a physique and sports nutrition specialist, natural bodybuilder and director of FoodForFitness.co.uk

Filling station

Want carb guidance? Try these healthy options

1

Sweet potato contains plenty of cholesterol-lowering betacarotene.

2

Porridge oats are a good source of carbs as well as muscle-building protein.

3

Pizza delivers a lot of carbs – and a Florentine adds protein-packed egg and antioxidant-filled spinach.



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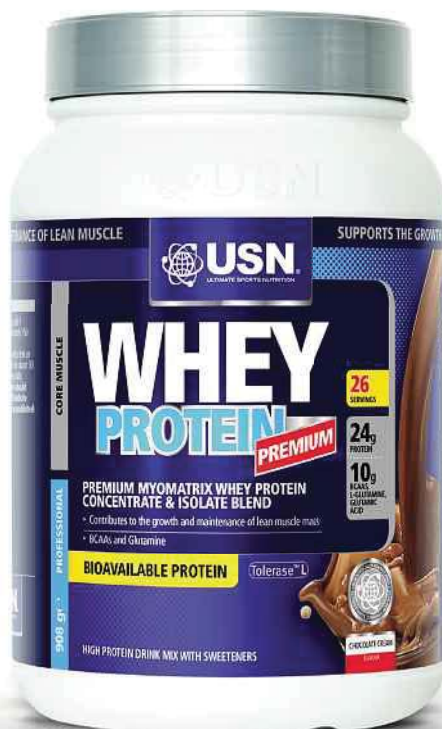
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For optimal results, combine with a balanced, lean muscle building eating plan and exercise routine. Individual results may vary.

Power of cod

Skip the chippy and make this classic British dish at home

If you're trying to eat healthily, you probably resist the lure of the chip shop – but there's no reason you have to do without fish and chips. If you make it yourself, it's better for you and probably tastes better too. This nutritious version is easy to make, allowing you to enjoy the classic British takeaway without leaving the comfort of your own kitchen.



How to make it

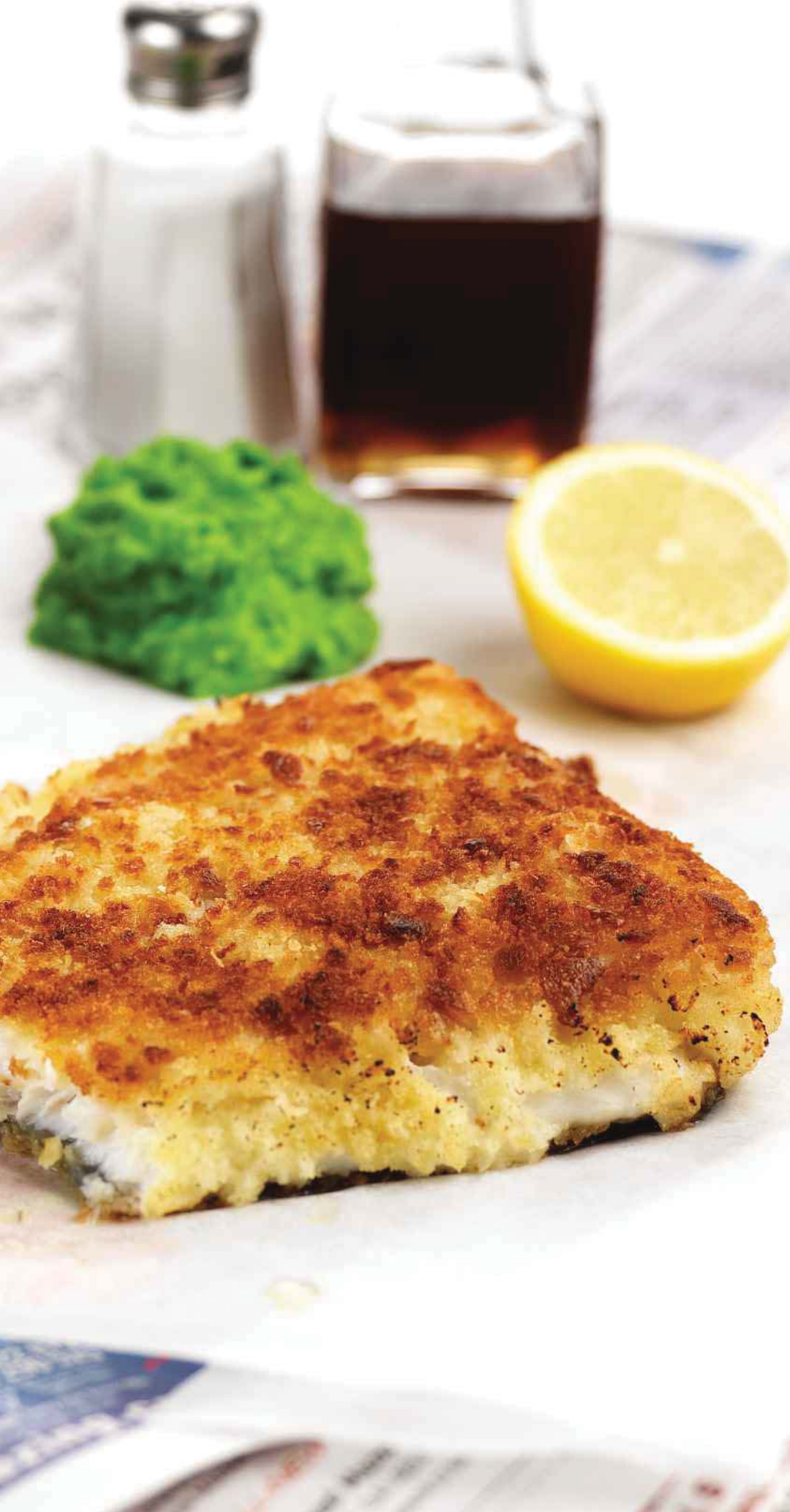
INGREDIENTS

Serves 1

1 large cod fillet / 2 slices wholemeal bread, crusts removed / 1 egg, lightly whisked / 2 sweet potatoes, cut into 2–3cm strips / 50g fresh peas / 1 knob of butter / ½ a lemon

INSTRUCTIONS

- Preheat the oven to 200°C/gas mark 6.
- Place the bread in a food processor and blend until it forms crumbs.
- Dip the cod fillet into the whisked egg, then cover with the breadcrumbs. Place on a sheet of greaseproof paper on a tray and bake for 20–25 minutes.
- Coat the sweet potato slices in olive oil, place on a tray and bake for 25–30 minutes.
- Heat the butter in a pan, add the peas and cook for ten minutes. Add a squeeze of lemon and mash until appropriately mushy.



On the sauce

Enjoy your fish and chips with these healthy home-made condiments from chef Karol Gladki



TOMATO

1tbsp finely chopped red onion /
1 garlic clove, diced / 1tsp olive oil /
1 can chopped tomatoes /
1tbsp tomato purée /
Pinch of sugar /
Salt and pepper to taste

TO MAKE

Fry the onion and garlic in the olive oil, add the tomato and let it reduce. Add the purée and sugar, and season to taste with salt and pepper.



TARTARE

2tbsp diced gherkins /
1tbsp chopped capers /
1tbsp diced shallots /
1tsp chopped parsley /
70g mayonnaise / 1tsp lemon juice

TO MAKE

Place the gherkins, shallots, capers and parsley in a bowl. Mix with the mayonnaise and lemon juice.



CURRY

1 cube vegetable stock /
1 medium onion, roughly chopped /
1 garlic clove, diced /
1tsp chopped fresh coriander /
1tsp diced fresh chilli /
1tsp curry paste / 2tbsp water

TO MAKE

Blend all the ingredients in a food processor, then heat over a medium heat until warmed through.

Muscle soothers

Aid your aching muscles with these supplements

1

THE PROBLEM

You suffer from delayed onset muscle soreness (DOMS) after a gym session.

2

THE SOLUTION

Take branched-chain amino acids (BCAAs), which have been found to help you to recover quicker from a hard workout and significantly reduce DOMS.

3

THE SCIENCE

A study from the University of Birmingham found that taking BCAAs at strategic points throughout the day significantly reduced the effect of DOMS after a bout of high-intensity eccentric training. Researchers found a 64% decrease in participants' muscle soreness 72 hours after exercise when taking BCAAs.

TAKE THAT

MF'S MONTHLY GUIDE TO THE RIGHT SUPPLEMENTS FOR YOUR GOALS

IMMUNITY BOOSTERS

• **Zinc** plays a vital role in the production of white blood cells, which attack viruses and bacteria in the body, and also helps wounds heal. It also plays a primary role in the production of growth hormone and improves male fertility.

• **Selenium** pairs with white blood cells to help the body fight infection. It also protects the arteries from free-radical damage, thereby protecting your heart, and helps promote healthy skin.

• **Omega 3** fatty acids reduce inflammation in the respiratory system and also help improve joint health.

• **Vitamin A** helps to maintain the body's mucous membranes, which protect against infection. It also helps to maintain healthy skin, bones and teeth.

• **Echinacea** stimulates macrophages, interferons and lymphokines, cells involved in the body's immune response.



Supplement Q&A

Aaron Deere is a functional medicine consultant at KX Gym London (kxgym.co.uk)

Q Is it important to take supplements at specific times of the day?

A Yes, in some cases. Supplements that are known to have a calming effect on the body should be taken towards the end of the day. A good example is magnesium.

Along with being a key nutrient for daily cellular functions, it also helps muscles to relax by helping to suppress the release of catecholamines, including adrenaline, which stimulate activity in the sympathetic nervous system. Supplements related to intestinal health, such as probiotics, are most likely

to be digested and absorbed fully when the parasympathetic branch of our nervous system – responsible for the stimulation of our 'rest-and-digest' function – is dominant. This is when we're calm and rested, so the best time to take them would be when your day's work and exercise are all done.



For our guide to all the major supplements go to mensfitness.co.uk/links/suppknowledge

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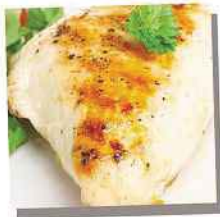
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- 4 x 125g Lean Chicken Breasts (MFCHICKEN)

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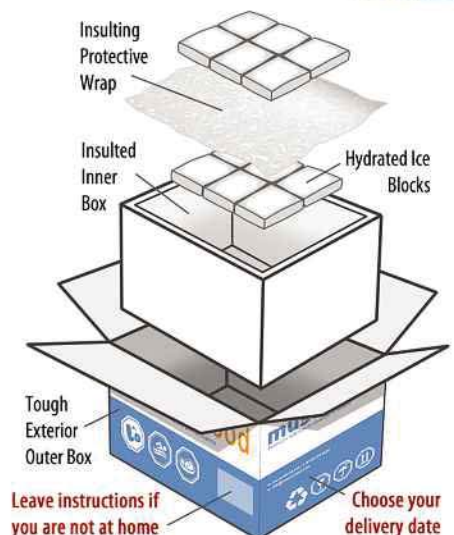
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Clever carbs

Cutting carbs isn't the way to burn fat or build muscle. Cycle them instead to see great results

Carbohydrates get a bad rap when it comes to muscle-building and fat loss. They cause

insulin spikes, which can result in your body storing more energy as fat rather than using fat for energy. But manipulating your carb intake is one of the best ways to get stronger and leaner.

'Rather than eating carbs on a daily basis, cycle your intake with low, medium and high days – evidence has shown this will produce much better results in losing fat and building muscle,' says Nick Mitchell, founder of Ultimate Performance (upfitness.co.uk). 'This way you get the muscle-building benefit of high-carb days with the fat loss benefits of lower-carb days, all while keeping your metabolism properly revved up with fluctuating daily calorie intakes.' Here's a sample seven-day meal planner with low-, medium- and high-carb days.

1 MONDAY HIGH CARB

BREAKFAST

50g oats with 200ml skimmed milk. Serve with raspberries and honey. Stir in $\frac{1}{2}$ scoop of whey protein at the end.

SNACK

Post-workout shake: blend 1 scoop protein powder, 100ml coconut milk, $\frac{1}{2}$ banana, 75ml semi-skimmed milk and 1tbsp oats.

LUNCH

100g quinoa mixed with a chopped onion, garlic, green chilli and 8 walnuts. Serve with a salmon fillet.

SNACK

Small pot of hummus with celery, carrot and cucumber sticks.

DINNER

Ginger chicken stir-fry.

SNACK

Greek yoghurt with cinnamon and pecan nuts.

2 TUESDAY LOW CARB

BREAKFAST

Ham omelette. Handful of almonds.

SNACK

Carrot sticks with brazil nut butter.

LUNCH

Grilled prawns, mixed salad, $\frac{1}{2}$ an avocado and pumpkin seeds.

SNACK

2 boiled eggs.

DINNER

Steak with roasted vegetables.

SNACK

Greek yoghurt with cinnamon and a handful of walnuts.

3 WEDNESDAY MEDIUM CARB

BREAKFAST

Goat's cheese and spinach omelette. Handful of almonds.

SNACK

Post-workout shake: blend 1 scoop protein powder, $\frac{1}{2}$ banana, raspberries, 150ml skimmed milk, 100ml natural yoghurt, 1tbsp sunflower seeds and 20g rolled oats.

LUNCH

Lamb steak with 1 baked sweet potato, cherry tomatoes and salad leaves.

SNACK

Small pot of hummus with celery, carrot and cucumber sticks.

DINNER

Cod fillet with steamed vegetables and brown rice.

SNACK

Greek yoghurt with cinnamon and pecan nuts.

WHY WHITE?
Brown rice contains phytic acid, an 'anti-nutrient' that makes digestion difficult. It's taken out of white rice.

CARB COMEBACK

If you have been trying to cut carbs to aid fat loss, here are the classic signs you need to gradually reintroduce them

- 1 You feel sluggish all the time
- 2 You are not getting a decent pump when you weight train and your energy levels during training are generally much lower than usual
- 3 You usually sleep well and now your sleep is disturbed
- 4 You are noticeably more irritable than normal

4 THURSDAY LOW CARB

BREAKFAST

Scrambled eggs and lean bacon rashers.

SNACK

Cucumber, pepper and carrot batons.

LUNCH

Grilled prawns, mixed salad, ½ an avocado and pumpkin seeds.

SNACK

Ham salad.

DINNER

Tuna steak with asparagus, broccoli and cauliflower.

SNACK

Greek yoghurt with cinnamon and a handful of walnuts.

5 FRIDAY LOW CARB

BREAKFAST

Mushroom omelette. Handful of almonds.

SNACK

Post-workout shake: blend 1 scoop protein powder, 100ml coconut milk, ½ banana, 75ml semi-skimmed milk and 1tbsp oats.

LUNCH

Tuna and egg salad.

SNACK

Small pot of hummus with celery, carrot and cucumber sticks.

DINNER

Pork chops with assorted green veg.

SNACK

Greek yoghurt with cinnamon and pecan nuts.

6 SATURDAY HIGH CARB

BREAKFAST

50g oats with 200ml skimmed milk. Serve with raspberries and honey. Stir in ½ scoop of whey protein at the end.

SNACK

Cucumber, pepper and carrot batons with hummus.

LUNCH

100g quinoa mixed with 2 boiled eggs, 1 chicken breast and broccoli.

SNACK

Baked sweet potato with tuna and sweetcorn.

DINNER

Chilli con carne with rice (pictured) and green vegetables.

SNACK

Small bowl of porridge with Greek yoghurt and cinnamon.

7 SUNDAY LOW CARB

BREAKFAST

Smoked haddock fillet with 2 poached eggs and asparagus.

SNACK

Apple and a handful of brazil nuts.

LUNCH

Diced lamb grilled on skewers with green and red peppers, onion and cherry tomatoes.

SNACK

Ham salad with ½ an avocado.

DINNER

Beetroot, spinach and goat's cheese salad.

SNACK

Greek yoghurt with cinnamon and a handful of walnuts.

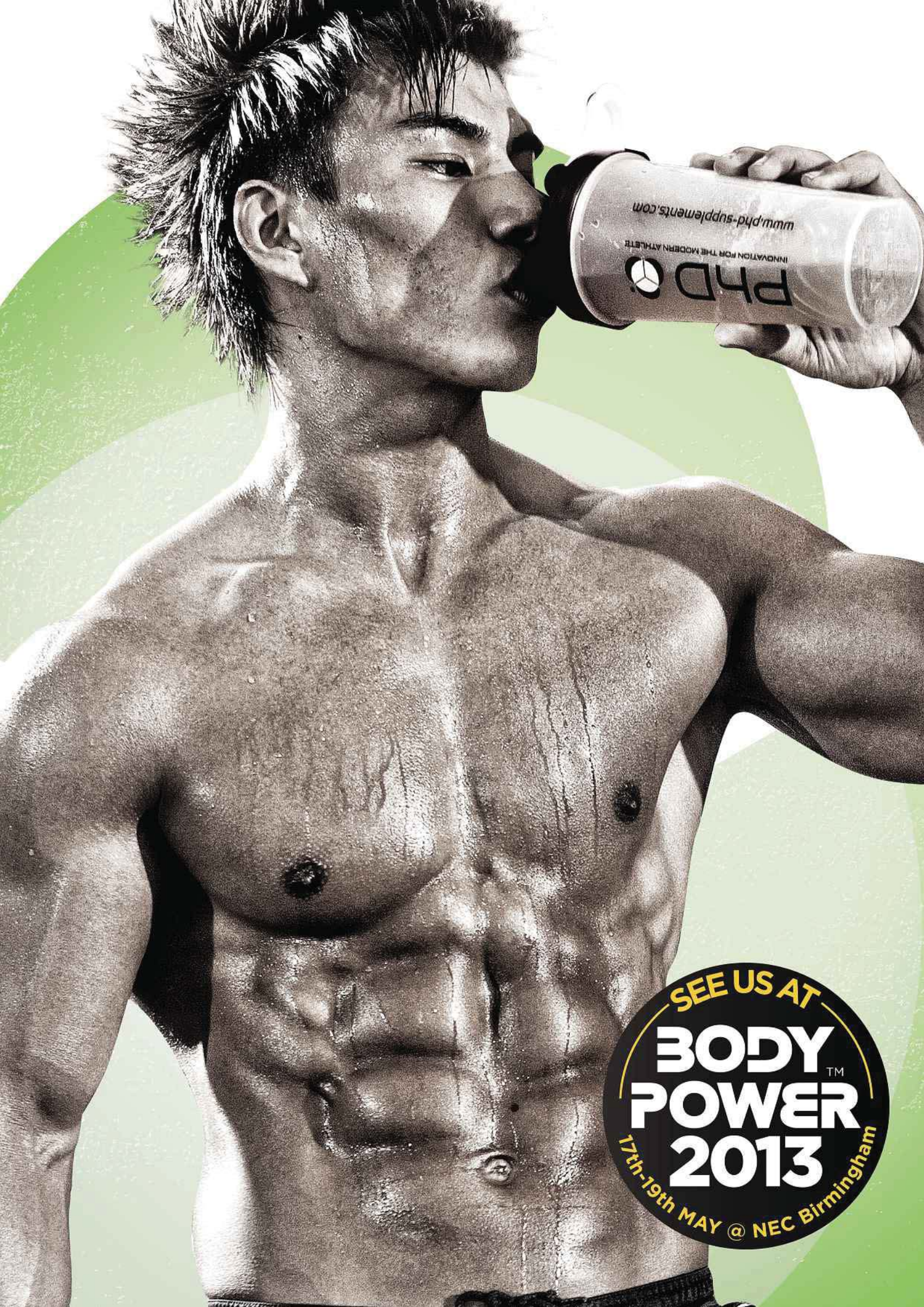


PhD's Body Sculpt range is uniquely designed and tailored towards helping me achieve my goals and targets by maximising the results from my nutritional plan and work-out regime. I use Diet Whey twice daily along with Lean Degree, and the great-tasting Diet Whey bars. The PhD Body Sculpt range has been created by experts and ensures I can take my physique to the next level.



TONY PANG
COVER MODEL
PhD ATHLETE

THE NEXT LEVEL



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MAKE YOUR BEST EVEN BETTER

TRAINER

Measure your prowess with these three classic gym tests **p116**

It's genuinely possible to think yourself bigger. Find out how **p122**

Who better to give you strength tips than a pro strongman? **p129**

Training drills from Britain's 2012 Olympic hurdles hero **p137**

Follow this four-week workout for giant muscle gains **p145**

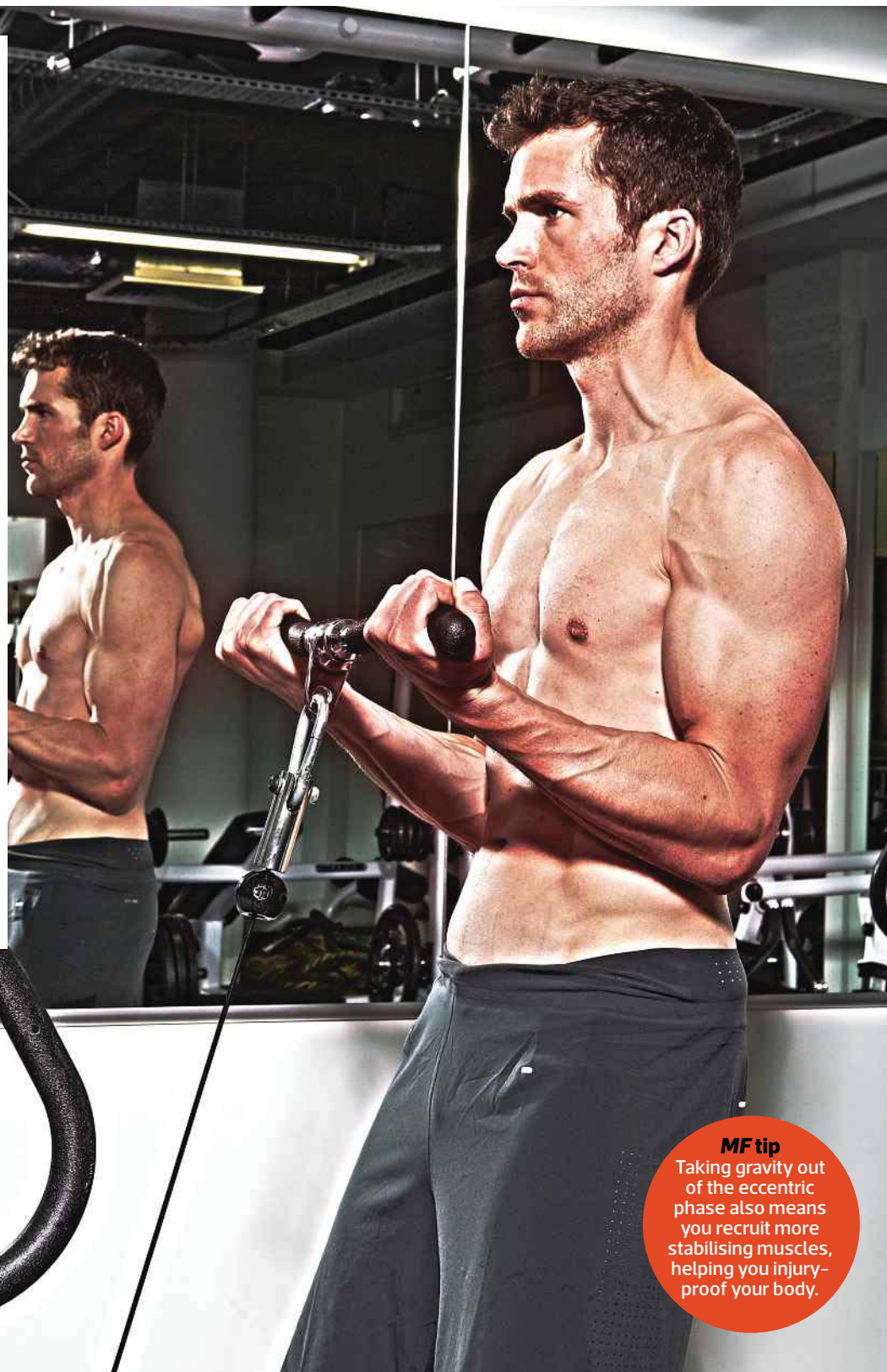
CABLE GUY

Use cables as resistance for serious growth

Do you stick to the free weights area of your gym to build bigger muscles? Start making regular visits to the cable machine too and you'll get even bigger.

Lowering a barbell or dumbbell slowly and under control can be difficult thanks to gravity and because your muscles are weaker at certain parts of the lowering phase. But the consistent resistance provided by a cable ensures that you manage the weight effectively both on the way up and on the way back down.

'Your muscles are stronger during the eccentric contraction, which means you can lower more weight than you can lift,' says leading strength coach and MF muscle expert Charles Poliquin. 'Eccentric motion damages the myofibres and it recruits more fast-twitch muscle fibres. So the more tension you place on your muscles during the lowering phase, the greater your gains.'



MF tip

Taking gravity out of the eccentric phase also means you recruit more stabilising muscles, helping you injury-proof your body.

RUSSIAN REVOLUTION

MASTER THE TACTICAL STRENGTH CHALLENGE,
AS USED BY THE SOVIET SPECIAL FORCES,
AND WATCH YOUR BODY TRANSFORM

Want a body that's fit for anything? You need the Tactical Strength Challenge (TSC). Loosely based on the entry requirements for the Soviet special forces, it's a one-day, three-event test of strength and cardio that you'll need to be in top shape to pass with flying colours. We've enlisted three expert coaches who can take you to greatness. Once you're ready, you can compete with others via tacticalstrengthchallenge.com.

CHALLENGE #1

DEADLIFT

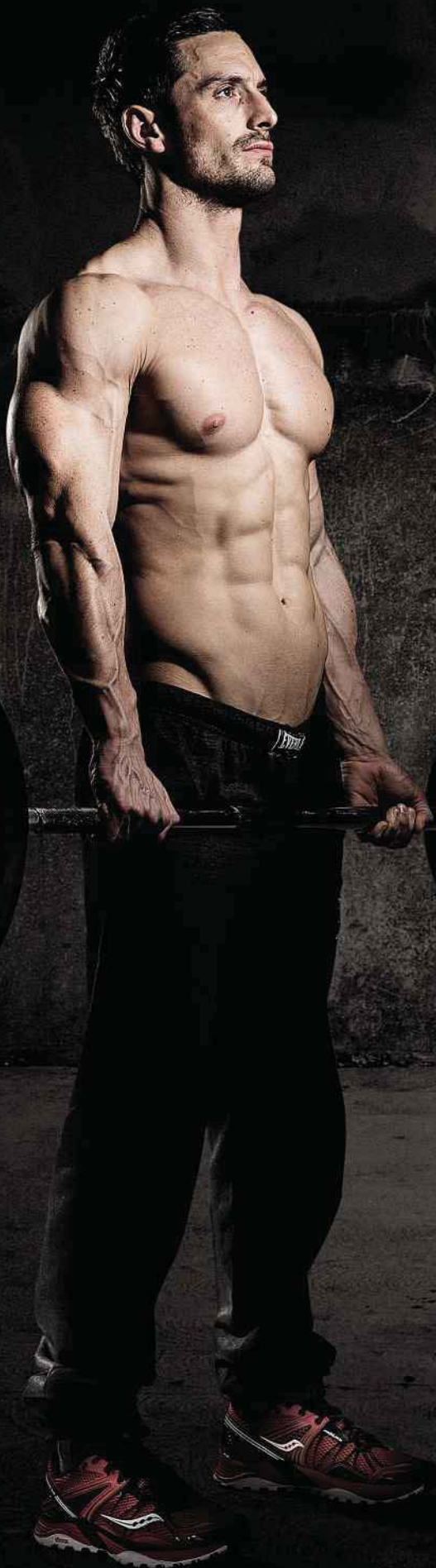
THE CLASSIC. CHALLENGE YOUR STRENGTH
WITH THE BIGGEST LIFT IN THE GYM



The Coach

Laurence Shahlai

is a World's Strongest Man competitor, with an all-time best of 430kg in the deadlift, and is sponsored by Multipower.



THE TEST

The first lift is the biggest. Simply hauling a heavy bar off the floor is a classic test of strength and a superb all-round muscle-builder. It's also a test of your grip, core, legs and lower back, which is why it's the first part of the TSC.

How to do it Load up the bar and lift it – no straps allowed. For safety reasons, attempts only count if the bar moves upwards in one continuous motion, so no bouncing, straining or 'hitching'. In competition you're only allowed three attempts to find your best, but in the gym you're likely to be worn out after that anyway.

THE FORM

- 1** 'Keep your arms just outside your feet. They should be pointing straight down so you aren't stressing them or lengthening the range of motion unnecessarily,' says Shahlaei. 'Your shoulders should be slightly in front of the bar as you start to lift.' If you try the mixed grip (one palm facing forward, one back) don't jerk the bar off the floor because it's risky for your biceps.
- 2** 'Keep your back flat,' says Shahlaei. 'My world record form on the deadlift is horrible, but in the gym I never let my form break down. And when you're just starting out you haven't got the strength to get away with it – you'll just snap.' To help, think 'heels and chest' before you lift. Drive through your heels, and keep your chest up as you start.
- 3** 'I squat down quite low when I lift, but it's important to remember that you're not doing a squat. You're lifting by driving your hips forwards. Lift smoothly, then once the bar passes your knees, contract your glute muscles to finish the lift.'
- 4** 'Start with your feet under the bar and your shins a couple of centimetres away from it. When you're lifting heavy, the bar is so close to your legs that it can scrape your shins.' It's a good idea to wear sweatpants or long socks so you don't leave any skin on the bar. And chalk up your hands – it'll help your grip.

THE SCORE

Follow Shahlaei's advice to improve yours

Up to 80kg

If you've never deadlifted before or you just aren't great at it, simply putting the reps in will make you stronger in all the right places. 'Try working up to three sets of five, and upping the weight by 5kg a week,' says Shahlaei. 'Don't worry if you have to start light. It's better to have a couple of easy workouts but make constant progress than to start too heavy and stall.'

80-100kg

As you start lifting heavier, you need to address your weak points. How to do it depends on where you're weak. 'If you struggle to get the weight off the floor, do front squats,' says Shahlaei. 'They'll engage your quads and give you power. If you struggle to lock the bar out at the top, do glute bridges with a barbell resting across your hips to build stronger glutes.'

100-130kg

Going too heavy too often can fry your nervous system. Rather than risking it, keep the weight light and do speed work. 'I'll take around 60% of my one-rep max and do eight sets of three, but focus on lifting really explosively,' says Shahlaei. 'It's better to keep the reps low so you can concentrate on great technique on each rep.'

130-160kg

As you hit the heights of double bodyweight and above, you need to shock your body into further progress. Shahlaei's solution is rack pulls. 'Put the bar in a rack so that it's around knee height, and load it with more than your one-rep max weight,' he says. 'Do five sets of one to two reps. This'll get your body used to holding a heavier weight, and make your tendons stronger.'

160-200kg

You have to lift 200kg for a perfect score on the TSC. That might be unfair for the smaller man, but you'll make it up on the pull-up (see p118). At this point, try resistance bands. 'Loop them around your feet and the bar to make the move tougher at the top,' says Shahlaei. 'You're stronger there anyway.'



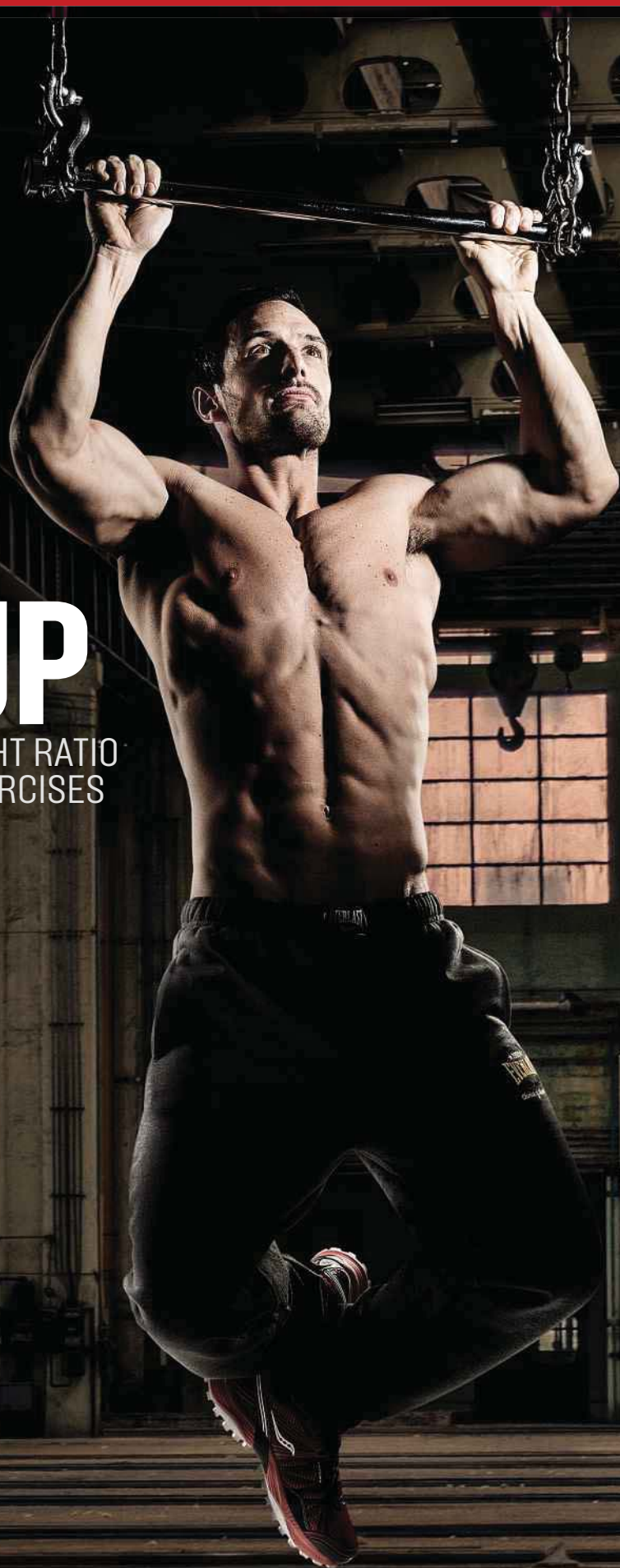
CHALLENGE #2

PULL-UP

TEST YOUR STRENGTH/WEIGHT RATIO
WITH THE KING OF BACK EXERCISES



The Coach
Andy McKenzie
trains soldiers, athletes and
rugby players at The Training
Lab. ironmacfitness.com



THE TEST

Being hefty can help with the deadlift, but it's a disadvantage in the pull-up test. Here, the aim is to be as strong as possible at the lowest bodyweight.

How to do it Start from a dead hang, palms facing away from you. Pull up until your chest or neck touches the bar, then lower. That's one rep. You can hang from the bar to recover, but as soon as you fall off the test is over. No swinging, by the way.

THE FORM

- 1 'Avoid gripping too hard and tiring out your forearms,' says McKenzie. 'You can do this by using a thumbless grip and not squeezing too hard. Use just enough pressure to keep you hanging on.'
- 2 'Keep your hands as close to shoulder width as you can to maintain vertical pulling force on every rep,' says McKenzie. Better efficiency means more reps.
- 3 'Make sure you recruit your lats by turning your elbows inwards as you pull up. This screw-like motion is great for long-term healthy shoulders as well.' It'll also help you avoid elbow problems.
- 4 'Create body tension by pointing your toes, squeezing your glutes and tensing your abdominals – really important with dead hang pull-ups.' Or cross your feet. Studies show that this creates better body tension and helps activate muscle.

THE SCORE

Follow McKenzie's advice to improve yours

0-5

Can't do a single pull-up? Don't despair. Negatives are your friend: jump to the top position of a pull-up, then take five seconds to lower. Do five sets of two reps, then finish by hanging from the bar for as long as possible. 'Aim for 60 seconds,' suggests McKenzie. 'Building your grip endurance means you can hang on and gather your strength for those final reps.'

6-10

'Do more and fail less is the mantra when it comes to getting above ten reps,' says McKenzie. 'A great way to do this is to use ladder-style sets where you start by doing one rep, rest for 60 seconds and do two reps, then keep adding a rep every minute until you're a rep or two from failure. If you've got time, go back down the ladder. Add this to your plan once or twice a week and see how far you can get each time.'

11-15

To reach the lofty heights of 15+ pull-ups, you need to enhance your pulling arsenal. 'Think outside the box and you'll remain injury-free and keep getting better,' says McKenzie. 'Using gymnastic rings will reduce stress on the elbows and challenge your stability. Hand-over-hand rope climbs and sled drags are also great for improving pulling power. For an assistance exercise, try the Zottman curl: do a biceps curl as normal, then turn your palms downward as you lower the weight.'

16-19

It's time to hang tough. Your grip is the link between your back muscles and the bar. 'Do dead hangs at the end of each session, but add weight,' says McKenzie. 'Try for a 60-second hang with a 10kg weight belt. Once you can manage that, add 2.5kg for your next session. Also, try an L-sit, where you hang with your legs parallel to the floor. The extra core and grip strength mean you can focus on pulling.'

20+

The holy grail: 20 reps is a perfect score in the Tactical Strength Challenge. At this point, start adding weight – the 'elite' division starts with a 10kg weight belt attached.



CHALLENGE #3 KETTLEBELL SNATCH

PUT YOUR CARDIO TO THE TEST WITH
THIS FULL-BODY FAT-SCORCHER



The Coach
Christian Vila

is an experienced kettlebell coach and trains
UFC veteran and former World's Strongest
Man competitor Oli Thompson. cvpt.co.uk

THE TEST

The TSC's final challenge is also its toughest. High-rep kettlebell snatches demand technique, strength and sheer will – but in return for your dedication, you'll build power, explosiveness and an enviable six-pack.

How to do it You've got five minutes to do as many kettlebell snatches as possible. That means swinging it from between your legs to directly overhead, standing up straight with your arm locked out. If it touches your shoulder or you use your free arm the rep doesn't count, but you can change hands as often as you like.

THE FORM

- 1** 'Start with your feet shoulder-width apart and your toes turned out to about 30°,' says Vila. 'You want to begin the movement by primarily using your hip drive. Don't rely on the smaller lower back and arm muscles to get the bell overhead.'
- 2** 'To get the kettlebell overhead you need to use a slightly "broken" arm, with your elbow leading the movement. As the kettlebell moves overhead, punch your hand upwards to stop the bell hitting the back of your forearm.'
- 3** 'Your knees need to be locked out for the rep to count. The lifting arm must be locked out, with the kettlebell sitting on the back of your arm, slightly behind your head. Your arm should be in line with your ear, not in front of your head.' If you need to rest, do it here so you don't waste energy getting the bell moving again.
- 4** 'To bring the kettlebell down for the next rep, retrace the same arc you used to get it up. For maximum efficiency, swing it between your legs and then fluidly into the next rep.'

For a video guide to these moves

THE SCORE

Follow Vila's advice to improve yours

0-40

'Before you practise the snatch, train your single kettlebell swing and overhead press to strengthen and condition the muscles you'll use. You will also open up the shoulder girdle so that it's prepared for moving the bell behind your body.'

41-60

'If you're a novice, perfect your snatch technique with a light bell – lighter than you intend to use in the actual challenge. For guys this could be a 16kg or even a 12kg bell. This will allow you to "train the groove" of the movement. A good routine for beginners is to try three sets of 15 reps for each arm on Monday, one set of 25 on Wednesday and two of 15 on Friday. Do this for four weeks, then increase the weight.'


61-80

'To ensure you don't burn out or overtrain, supplement your snatch training with other forms of strength and conditioning. Sprinting will improve your anaerobic system and jogging will increase lung capacity, while doing the barbell clean and press will improve your hip drive and general strength.'

81-100

'Kettlebell guru Mike Mahler recommends sets of five to prepare you for kettlebell snatching. Try adding the following finishers to your weekly workouts: two sets of 25 reps with each arm on Monday, five sets of ten on Wednesday and three sets of 15 on Friday. You need patience and perseverance.'

100+

Achieving the century sets you among the elite in the Tactical Strength Challenge. Now try it with a heavier bell. 

go to mensfitness.co.uk/links/tacticalstrength

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Mind over muscle

Get bigger and stronger muscles by thinking harder, says trainer Adam Gethin

How can my brain make my muscles bigger?

Your muscles are controlled by your brain via neural pathways that connect to each and every one of your muscles. Electrical impulses from the brain tell your muscles to contract and relax, and it's these actions that allow you to do everything from standing to running to lifting a weight.

Most of these actions are subconscious: you move without thinking about the muscles involved. But if you do think about the movements, especially when training, you will improve your mind-to-muscle connection – and this can result in bigger gains.

How does that work?

Think of these neural pathways as being like a motorway. If the road isn't well maintained or used that often, traffic will build up and it will take longer to get to your destination. But if it's improved by constant attention, traffic runs more smoothly. The better shape these neural pathways are in, the quicker the signal from your brain will reach your muscle.

Why is this important to weight training?

The speed at which the signals reach your muscles has a significant effect on size and strength. A fast signal means your muscle can contract harder and faster – making it stronger and more powerful – while also recruiting more muscle fibres, which will lead to new muscle growth.

Is this what is meant by 'muscle memory'?

No, it's not quite the same thing, although that's also to do with neural pathways. This refers to you becoming better and more efficient at any physical task – whether it's driving, typing or playing the piano – the more you do it. Repetition trains the neural pathways so signals from the brain travel quickly,



'Sending out fast brain signals means your muscle can contract harder and faster for more strength'

and the muscles are better equipped to execute the task.

How do I improve these pathways for bigger gym gains?

Going to the gym consistently will enhance these connections because you're improving your muscle memory. The simplest way is to literally think about your muscles when doing a move. Slowing each rep and focusing on how it feels to move the weight, feeling the muscle contract and extend through the full range of motion,

and taking care to flex at the top of the move will all help.

Will I need to decrease the weights I lift?

At first you will, but remember your muscles have no idea how heavy that dumbbell is – all they care about is whether they're capable of completing the job at hand. Decreasing the weight means you are also less likely to do jerky reps that rely more on momentum than muscle, and will be able to complete full range-of-motion reps. **MF**

MENTAL EDGE

Get bigger and stronger by keeping these points in mind

1

Going to the gym regularly will result in the links between your brain and muscle becoming stronger

2

Looking at and thinking about your muscles also improves these connections

3

Flexing your muscles at the top and bottom of each rep builds stronger pathways so the muscles can contract quicker

THE SECRET WEAPON FIGHTING THE GOVERNMENT

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PROTEIN DISCOUNT CARD ATHLETE: **KEVIN WALKER**
PHOTOGRAPHY BY: **CHRIS BAILEY**



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T&Cs available on the website. Closing date for entries June 31st 2013. The first prize winner will be the first winner picked at random from the draw on July 1st 2013. © 2013 Lions Gate UK Ltd. All Rights Reserved.

DO THE LEG WORK

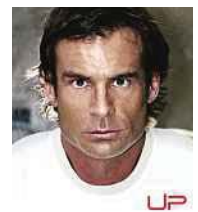
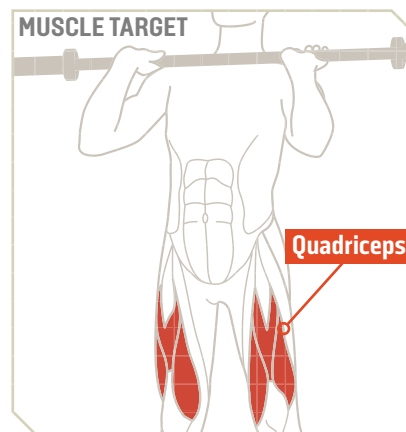
Build bigger and stronger quads with this innovative twist on a classic move



The back squat is a great move for building bigger legs, but poor form means many people turn it into a modified good morning by bending too far forward and shifting the emphasis to the hips and lower back. There's a simple solution to this problem.

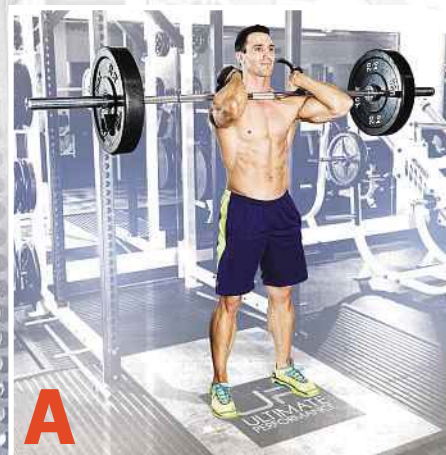
'Front squats, which is when you hold the bar across the front of your shoulders rather than on your upper back, require stricter form because you can't cheat by bending too

far forwards – the bar will drop out of your hands,' says trainer Nick Mitchell, founder of Ultimate Performance (upfitness.co.uk). 'For an extra training effect, try doing one and a quarter reps, so you stop a quarter of the way through as you come back up, then go back down before completing the rep as normal. This allows even greater stimulation of the hard-to-hit vastus medialis muscle. The result will be healthier knees and more powerful-looking thighs.'



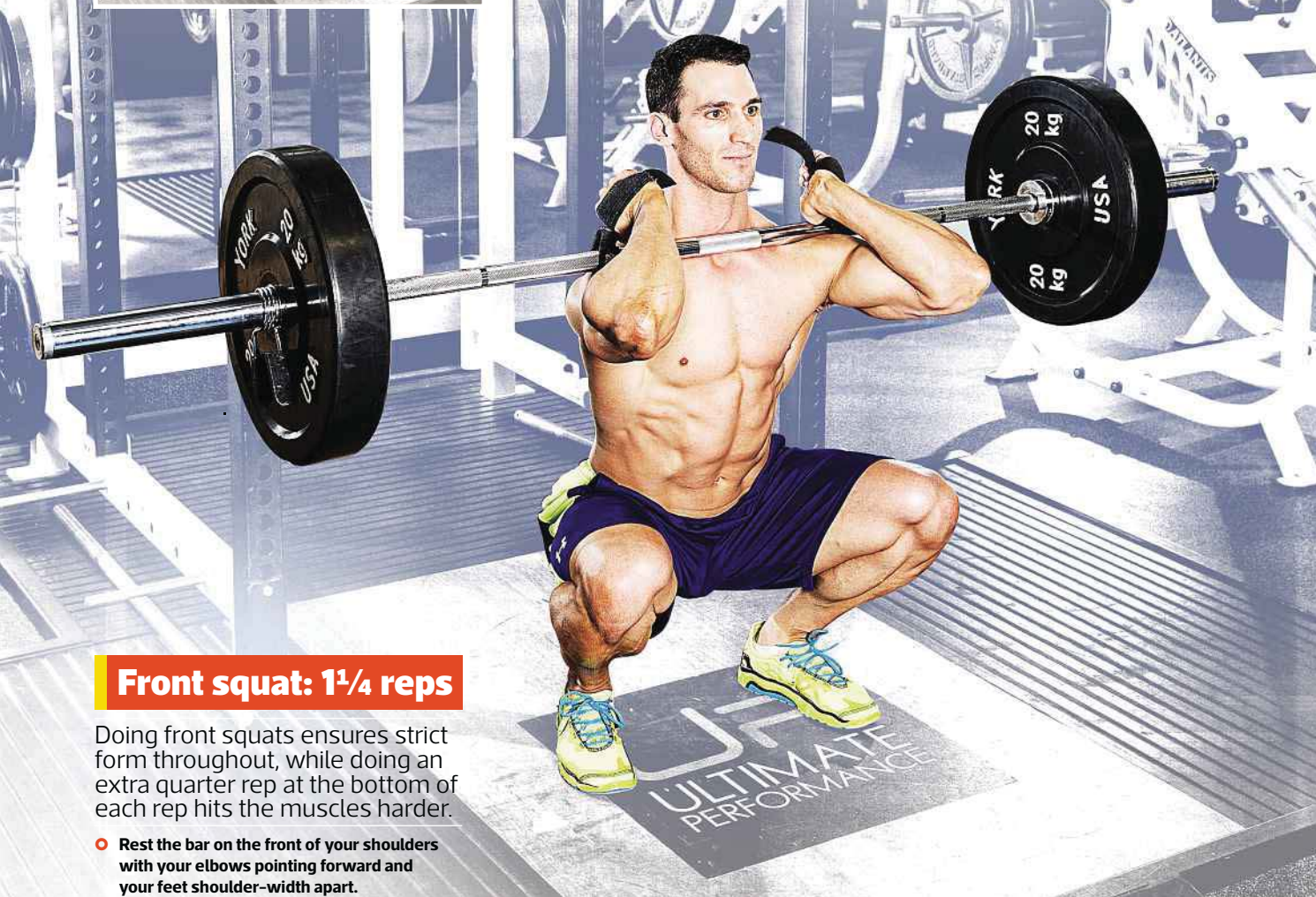
► Turn the page for Mitchell's top-secret quads move, plus two easier variations that will get you ready for the big-muscle move.

Words: Joe Warner Photography: Tom Miles Model: David Godfrey Thanks to Ultimate Performance Mayfair (upfitness.co.uk)



A

B



Front squat: 1¼ reps

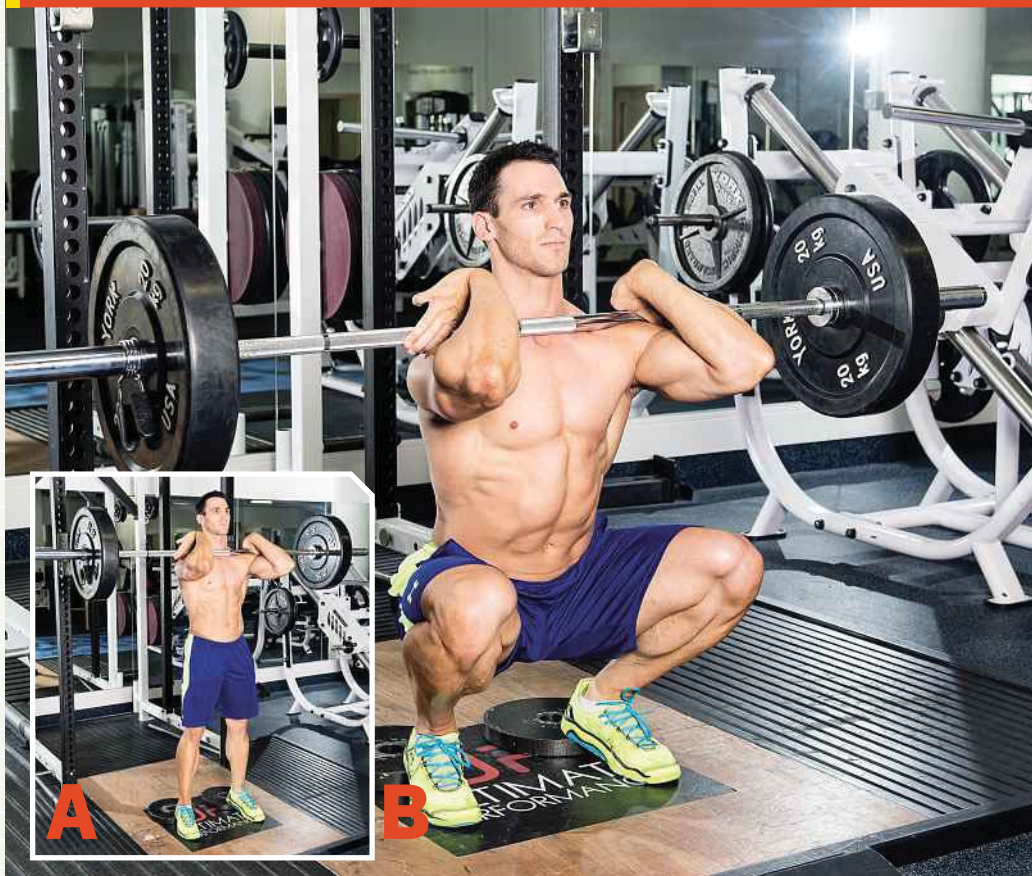
Doing front squats ensures strict form throughout, while doing an extra quarter rep at the bottom of each rep hits the muscles harder.

- Rest the bar on the front of your shoulders with your elbows pointing forward and your feet shoulder-width apart.
- You can use straps to secure the bar to your hands more firmly.
- Maintain a natural arch in your back and keep your core braced throughout the move.
- Squat down until your thighs are at least parallel to the floor. The deeper you can squat, the better.
- Come back up a quarter of the way to the top, then lower back down to the bottom position.
- Drive back up through your heels to the top position.

Why it works

Performing one and a quarter reps works your vastus medialis harder, giving your thighs a bigger, more powerful look. 'The key with this type of rep is to avoiding bouncing when you come up for the extra quarter,' says Mitchell. 'Descend as normal, pause at the bottom, come back up a quarter of the way, then drop back to the bottom position. Make sure you control the weight completely for the duration of the rep so you place greater tension on the target muscles.'

MAKE IT EASIER 1

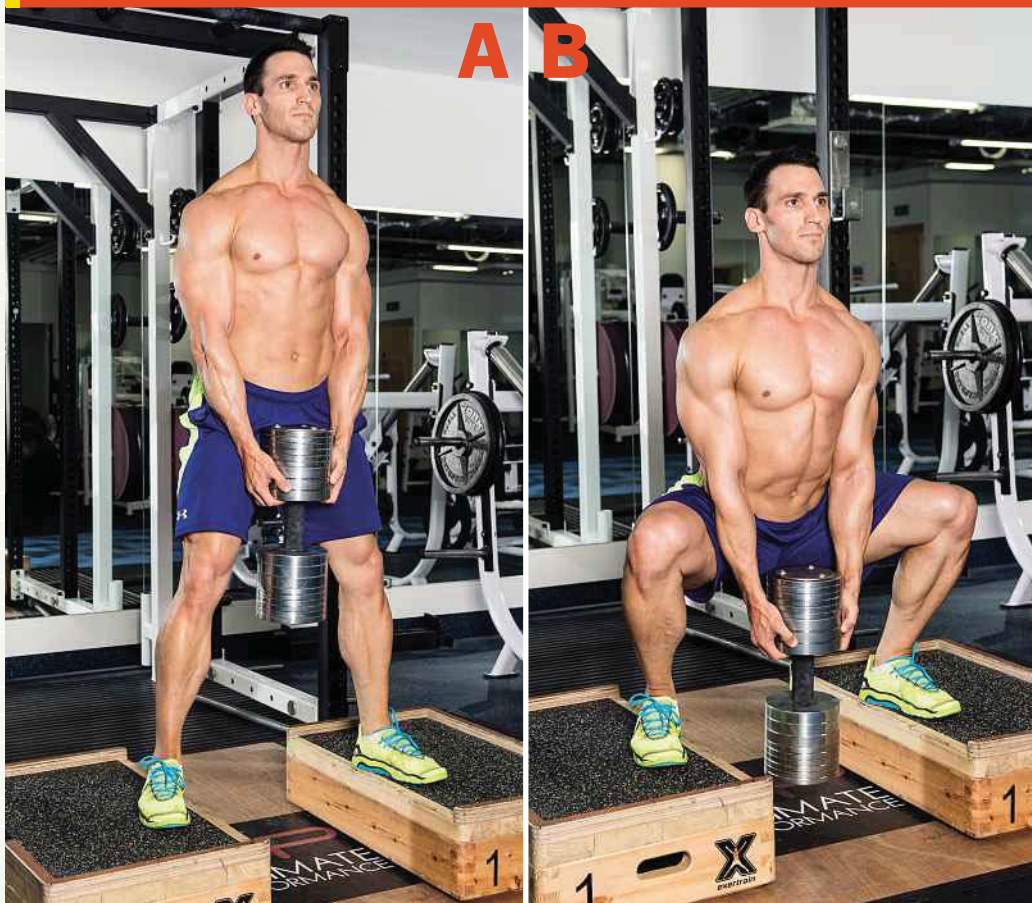


Heels-elevated front squat

Elevating your heels makes it more comfortable to stay upright and allows you to focus on moving and controlling the weight, rather than constantly trying to correct your form.


- Rest the bar on the front of your shoulders with your elbows pointing forward, feet shoulder-width apart and your heels elevated on weight plates.
- Maintain a natural arch in your back and keep your core braced throughout the move.
- Squat down until your thighs are at least parallel to the floor. The deeper you can squat, the better.
- Drive back up through your heels.

MAKE IT EASIER 2



Goblet box squat

If you haven't yet acquired the strength and co-ordination to execute front squats properly, the goblet squat is an entry-level exercise that can get you up to speed. Using boxes to increase the range of motion will allow you to 'open up' your hips and build strength and stability for the entire movement pattern.

- Arrange two boxes shoulder-width apart and stand with one foot on each, holding a dumbbell in both hands.
- Squat down as low as you can, keeping a natural arch in your back.
- Push your heels into the floor to drive back up. 

For a video guide to these moves go to mensfitness.co.uk/links/legwork



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LIFT BIG

WANT TO BE STRONG? BUILD SERIOUS STRENGTH WITH TIPS FROM FORMER UK'S STRONGEST MAN AND BODYPOWER EXPO AMBASSADOR TERRY HOLLANDS

Lifting weights is one thing. Lifting gigantic rocks, pulling vans and pushing cars takes a different sort of strength entirely. But it isn't just gigantic men who can do it, and strongman-style training can see you reap all sorts of benefits.

Terry Hollands is a man who knows about strength. With two third-place finishes at the World's Strongest Man competition under his ample belt after a nearly decade-long career, he's made an excellent case for claiming the title of the greatest British strongman of all time. Even more impressive is that although he practised judo and rugby in his youth, he's only been training seriously since 2004. How does he do it? By training like a maniac.

'Strongman-style training can see you reap all sorts of benefits'

'I do three gym sessions a week, and three "event practice" sessions,' says Hollands, who is appearing at BodyPower Expo in Birmingham in May. Mercifully, you don't need to hit the gym six times a week to reap the benefits of this sort of training. Here's Hollands's advice to enable you to fit training for super-strength into your busy schedule.

Terry Hollands drags a truck in the World's Strongest Man 2005 final

Words: Joel Shape Photography: Getty
The World's Strongest Man

► HIT THE BIG LIFTS

'The main lifts I focus on in the gym are the overhead press, deadlift and squat,' says Hollands. 'I'll usually have a day for each.' You should do the same – doing one big lift each day enables you to focus all your attention on it. You could substitute the bench for the overhead press but the latter will give your core a tougher workout.

► ADD EVENTS

'For events, I focus on the things that come up frequently – farmer's walk, some sort of sled push or pull and a loaded carry,' says Hollands. You can manage most of these in a gym. For the farmer's walk or carries, simply pick up the heaviest dumbbells you can handle and walk with them for five sets of 30m. For the sled push, a weight plate on a towel can work well if you have the floor space.

► CHANGE YOUR REPS

Doing the same rep scheme every week won't get you the best results. 'My programme is 12 weeks long,' says Hollands. 'I'll start doing three sets of 12 for my main move, then bring the reps down and the weights up until I'm doing three sets of two in my final week.' This builds both strength and endurance.


► BE ADAPTABLE

At any level of training you'll have off days, whether its because of illness, stress or a hangover. 'Don't beat yourself up,' says Hollands. 'Be ready to have a lighter day if you're in bad shape. One bad workout isn't the end of the world.'

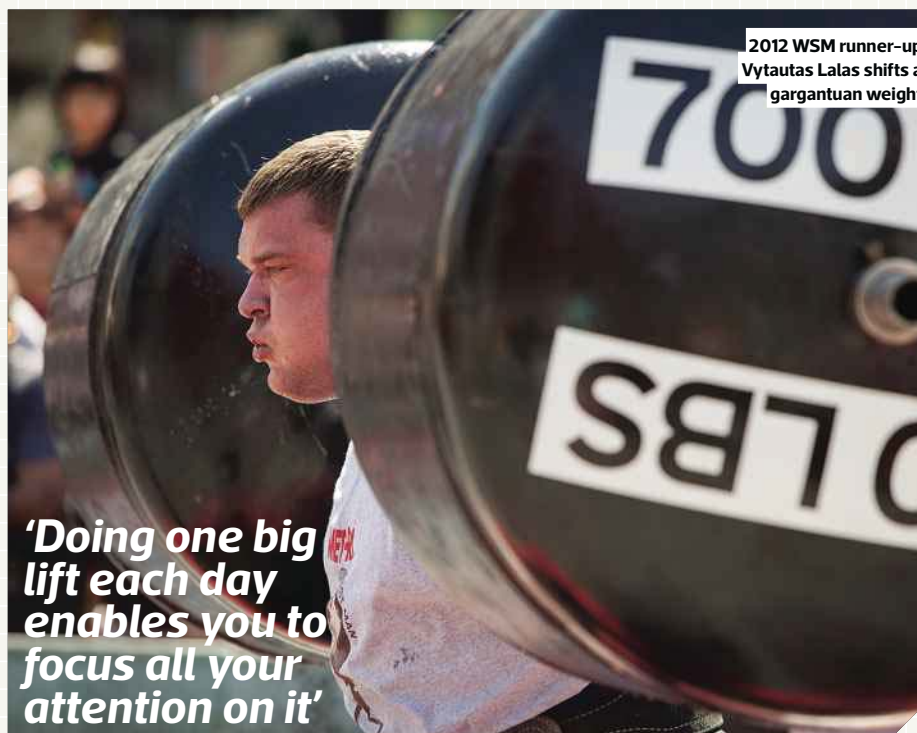
► TRY DIY

Your gym doesn't have Atlas stones? No problem. 'An easy way to make your own training kit is to get a duffel bag from an army surplus shop and fill it with sand,' says Hollands. 'This can mimic a loaded carry or even a stone.'

► DOUBLE UP

Once you've got the hang of the moves, try combining them in a single workout. 'I often do light events training as part of a weights session, so I might do Atlas stones on the same day as my deadlifting because it all works my back and legs,' says Hollands. Caution: don't overdo it. 

Strongman Terry Hollands is an ambassador for Myprotein.
Find out more at myprotein.com



2012 WSM runner-up Vytautas Lalas shifts a gargantuan weight

'Doing one big lift each day enables you to focus all your attention on it'



Terry Hollands performs a log press and (below right) lifts a car at WSM 2012



Lithuania's Zydrunas Savickas on his way to victory at WSM 2012



See Terry Hollands and some of the biggest names in the world of fitness at this year's BodyPower Expo, the UK's largest sport, fitness and nutrition expo. For tickets go to bodypowerexpo.co.uk

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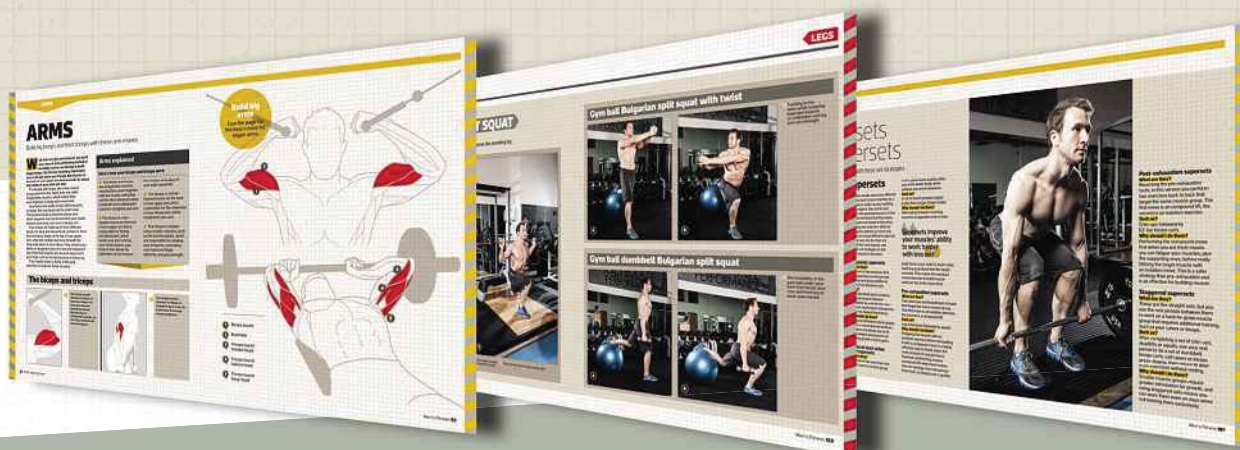


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Straight to the bar

Want strength and muscle from one bit of kit? The barbell is the perfect tool

When the weights room is crowded, the machines are all taken and the racks are full, rejoice – you don't need them anyway. As long as you've got a barbell and a bit of floor space, you can get a workout that will test your strength, conditioning, grip and heart – and you don't even need any plates.

This workout is a barbell complex, which means you do every exercise without rest, ideally without putting the bar down. It will test every major muscle group in your body and boost your cardio because of the volume of work you're doing. If you're feeling tough, add some weight and increase the rest by 30 seconds. Just don't let go of that bar.

Training tool
Barbell
Training goal
**Strength
endurance**

How to do the workout
Sets **4**
Rest **90sec**

1 Romanian deadlift

- Keeping your legs straight, lean forwards from the hips, not the waist, and lower the bar down the front of your shins until you feel a good stretch in your hamstrings.
- Reverse the move back to the start, pushing your hips forwards.



B

A

Reps per move
BEGINNER
6
INTERMEDIATE
8
ADVANCED
10

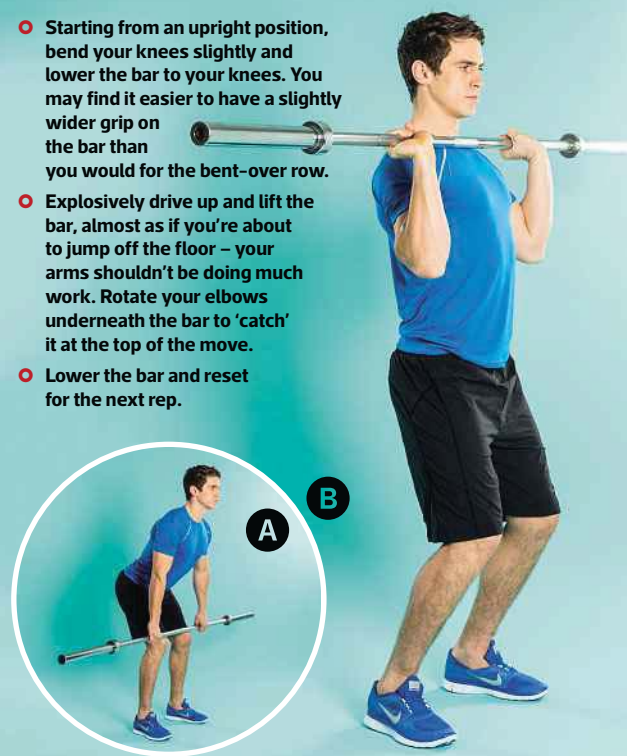
2 Bent-over row

- Start with your core braced, back straight and shoulder blades retracted. Bend your knees slightly and lean forwards from your hips.
- Pull the bar up to your belly, retracting your shoulder blades, then lower it under control.



3 Hang clean

- Starting from an upright position, bend your knees slightly and lower the bar to your knees. You may find it easier to have a slightly wider grip on the bar than you would for the bent-over row.
- Explosively drive up and lift the bar, almost as if you're about to jump off the floor – your arms shouldn't be doing much work. Rotate your elbows underneath the bar to 'catch' it at the top of the move.
- Lower the bar and reset for the next rep.

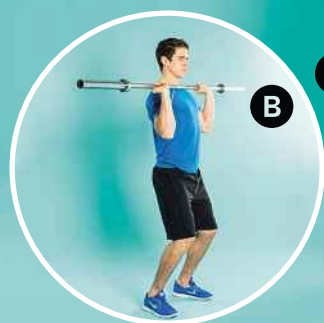


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4 Push press

- After your final hang clean, hold the bar across the top of your chest. Your hands should be slightly more than shoulder-width apart and your forearms should be vertical.
- Perform a quarter squat. As you come up, use your momentum to drive the bar overhead.
- Lower it under control.

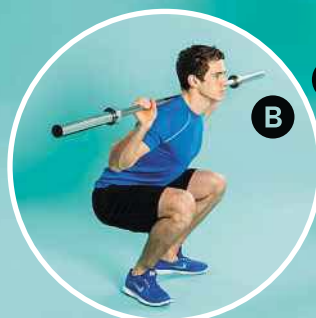


A



5 Back squat

- From the top of the final push press, lower the bar to the back of your shoulders. Squeezing it will help you to stabilise your upper body. Keep your feet shoulder-width apart and turned slightly outwards.
- Squat as if you're going to sit on a chair. At the bottom of the move, your thighs should be parallel to the floor.
- Drive up through your heels, keeping your chest up.



A



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SPRING INTO ACTION

BRITISH HURDLER LAWRENCE CLARKE IS POISED TO MAKE HIS LEAP ONTO AN OLYMPIC PODIUM. HERE'S HOW HE TRAINS TO JUMP AT SPEED



Clarke set a PB en route to his fourth-place Olympic finish

Words Joel Snape Photography Tom Miles Getty

When 110m hurdler Lawrence Clarke arrived at the London 2012 Olympics, he was ranked 25th in the world. Two weeks later, he'd finished fourth in the final, having set a personal best in the semi-final and beaten 2009 world champion Ryan Braithwaite in the final. And, at 23, he's still four years away from the age most sprint hurdlers consider their prime, perfectly placed to hit Rio. And the really good news? He's only getting better.

'Before I went to London I'd never touched a protein shake,' says Clarke, who also happens to be heir to a baronetcy and a distant relative of Theodore Roosevelt. 'Now I've started taking them, I can already see the difference in the gym.'

He's also revamped his training under respected British sprint coach Malcolm Arnold, who's worked with him for his entire pro career. Can he bring home the Brazilian gold? Don't bet against him.

It's a few weeks until the start of the outdoor track season. Where are you in your training?

I'm in my competition phase, so I'll be ready to race in a few weeks. I'm getting stronger and faster and focusing on recovery, which is always the most fun part of training. I'm enjoying myself at the moment.

So what's a typical training week like for you?

We do three days a week of running and three days of weights. A typical session might be

Lawrence Clarke

Age 23
Height 1.87m
Weight 77kg
Achievements

- 2010 Bronze medallist, Commonwealth Games
- 2009 Gold medallist, European junior championships

eight 100m sprints with three-minute recovery periods between them, which is absolutely knacker. I'll do weights in the afternoons, focusing on explosiveness and prehab.

Sounds horrendous. Apart from explosiveness, what are the other important qualities for a sprint hurdler?

The most important thing is speed endurance, and the second most important is injury prevention. Hamstring and hip flexor injuries are the biggest problem I've had in my career, so I do a lot of rehab for those. But really, in 110m hurdles, the person who loses their top speed the least is the person who wins. Everyone loses their top speed towards the end of a race, but the person who gets slower slowest tends to win. So obviously weights are important to get me out of the starting blocks fast, but speed endurance is the thing.

'Everyone loses their top speed towards the end of a race, but the person who gets slower slowest tends to win'

Your fourth place at the London Olympics was obviously a career high – but you say you've changed your training since. How's that going?

This year I've been a lot more consistent. Last year things were a bit more tentative, partly because I didn't want to get injured and miss the Olympics, which is what happens to a lot of people. This year, my squat went up by 20kg in one session. Last year my block start was one of my biggest weaknesses, but now it's getting stronger.

Has your diet changed?

Yes, my diet's fairly high in protein, but it's also about getting it right after I train. If you don't take in protein within the hour after training, your muscle protein synthesis is massively decreased. In the evening, I'll top up with as much food as I can but lunch is the most important meal, because it's post-training. For intense training my diet's a bit more limited. I'll try to maintain my weight – I don't tend to put on weight from taking protein shakes and stuff. I take about 20g with my Weetabix and I take a creatine loader as well – I notice that it's really made a difference to my one-rep max sessions and my recovery.



Fast and loose

There are three key attributes required for sprint hurdling: power, leg endurance and injury-proof hamstrings. Clarke's training drills tackle all three.

POWER UP

Build off-the-blocks strength with Clarke's speed and power moves



1 Hang snatch

Sets 4 Reps 6

- Hold a bar with your hands roughly double shoulder-width apart. Bend slightly at the knees, then explode upwards, bringing the bar overhead in one motion.
- Catch the bar overhead, then return to the start position.

Clarke says 'I don't do full snatches – the sort where you drop into a squat. This move mimics the sort of explosiveness you need for a fast start perfectly.'



2 Squat

Sets 4 Reps 6

- Rest the bar on the back of your shoulders, not on your neck, holding it with an overhand grip slightly wider than your shoulders. Keep your elbows pointing down.
- Squat down until your thighs are at least parallel to the floor. The deeper you can squat, the better. Drive back up through your heels.

Clarke says 'This is huge for out-of-the-blocks speed, which has traditionally been my weakness. I've put about 20kg on my squat since London.'

You've trained with Malcolm Arnold, who has also coached the likes of Colin Jackson and Dai Greene, throughout your career. How do you think that's affected your outlook?

Malcolm and I have a funny relationship. I remember when I started with him, four and a half years ago, he gave me a week's trial and it was the worst week of my life. He told me to warm up and left, and I was done after five minutes. He came back after 45 minutes, thinking I'd have done a proper warm-up – I just didn't know what I was doing. Over the past few years I've learned and adapted from him. Understanding the training gives you an edge. If you're told to do something and

'I'm never going to be the fastest, but what I do have is very consistent technique. Consistency is rare in athletes'

just do it, how do you know where to find the margins? How do you know when you're going to get injured? I've been trying to learn from him because he was talking about retirement, but thankfully he's going to put in another four years.

It sounds as if everything's on point. How do you see yourself progressing in the next few years?

I'm never going to be the fastest, but what I do have is very consistent technique. When you get into championships, there are guys who might be able to win medals, but they might push themselves too hard and fail. Consistency is rare in athletes, so I'm focused on getting my average time down. **MF**

Lawrence Clarke is an ambassador for Alfa Romeo, official car supplier to British Athletics. Visit alfaromeo.co.uk



RECOVER FASTER

Bulletproof your hamstrings with this injury-preventing double whammy



1 One-leg Romanian deadlift

Sets 3 Reps 8 each leg

- Stand on one leg with your hands in a comfortable position.
 - Raise one foot behind you and lean forward with a slight bend in your standing knee.
 - Keep leaning forwards at the hips until you feel the stretch in your hamstring.
 - Pause, then slowly return to the start of the move.
- Clarke says 'I do this weighted and unweighted. Holding a bar makes it into more of an assisted stretch.'**



2 Good morning

Sets 3 Reps 8

- Holding a bar across your shoulders, bend your knees slightly and bend forward at the waist.
 - You should feel the stretch in your hamstrings. Aim to get parallel to the floor, but don't push it.
 - Slowly return to the starting position.
- Clarke says 'I don't lift too heavy for this – it's a prehab exercise, not a heavy weight move.'**



Doing this at speed requires massive hamstring strength and flexibility

BUILD ENDURANCE

Clark builds speed endurance with this lunge matrix. It'll give you leg strength that lasts for days



1 Linear lunge Sets 4 each side Time 60 seconds

- Lunge forwards on one leg, making sure your knee doesn't move ahead of your toes.
- Drive off that leg, then lunge backwards onto the same leg.
- After 30 seconds, switch legs, and do 30 seconds with the other leg.

Clarke says 'These are for leg endurance. I don't want to be slowing down at the end of a race.'



2 Lateral lunge Sets 4 each side Time 60sec

- Lunge sideways on one leg, then return to the centre.
- Lunge sideways on the other leg. Repeat for the whole round.

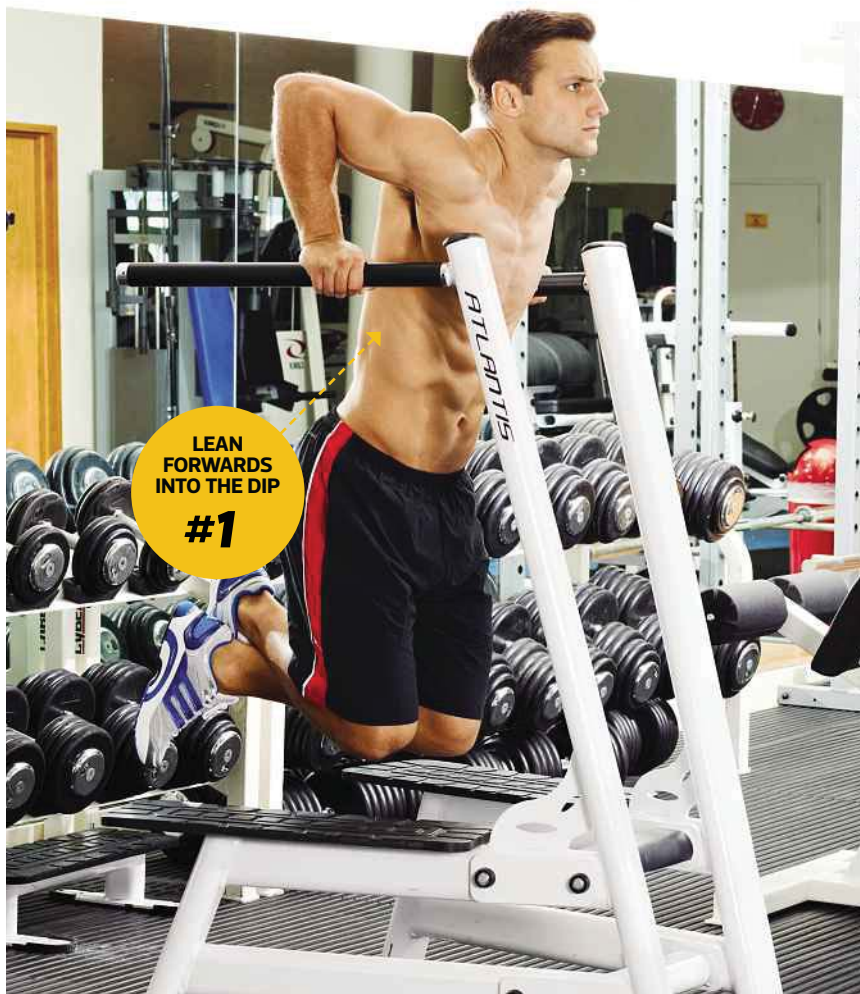
Clarke says 'Lateral stability stops me moving from side to side. I also do planks to work my core, which keeps me stable when I'm jumping.'

5 WAYS TO POWER UP YOUR

Triceps dip

Master the move that builds mighty arms

- 1** 'Lean into the dip,' says trainer Matt Whitmore (fitterlondon.co.uk). 'This move has the potential to put a lot of stress on the shoulders. Lean into it in order to recruit more muscles and enhance the lift.'
- 2** 'Spend time on your shoulders. They work hard on the dip so you'd be mad not to ensure they're super-strong. Shoulder presses and Turkish get-ups are ideal.'
- 3** 'Engaging your lats on the way down will allow for more control and more muscle recruitment so your triceps and chest won't fatigue so quickly.'
- 4** 'Performing the negative phase [the way down] slowly will enhance the muscle-building potential. Take four to five seconds to lower, pause briefly at the bottom and then power up as quickly as you can.'
- 5** 'Don't go too low because this can stress the shoulders and increase your risk of injury. I like to get my shoulders just below my elbows before exploding back up.'



Pec and choose

Select the best way to work your chest muscles with this expert advice



Sebastiaan Bokhorst
The Third Space



Samuel Welsh
Fitness model



Joe Cohen
Joe PT

Q

Is the bench press the most effective way to build a bigger chest?

Yes, if size is your only concern. However, if you don't balance your bench pressing with other exercises, your pecs will blow up and pull your shoulders forwards, rotating your arms in an unnatural way so your chest will actually look smaller.

The bench press is an effective way to build a bigger chest. It allows a heavy load to be lifted, providing effective stimulation to the muscle fibres. It needs to be varied periodically to keep the muscles growing – do this by adjusting reps, load and rest periods.

Bench pressing a lot is good for powerlifters and for bragging rights but it doesn't allow for a full stretch of the chest, which is important for muscular development. Dips and flyes would provide more of the required range of motion.

Q

Which are the best moves to complement the bench press?

The bent-over row is the same move but using the antagonist muscles, so you'll keep everything in balance. Press-ups with varied hand positions (eg one forward, one back) activate the shoulder stabilisers and core to help improve your bench press.

Overuse of the bench press can lead to muscle imbalances that pull the shoulders forwards. Prevent this by applying equal focus to your back. Pull-ups and lat pull-downs will help keep your physique well balanced and functional.

During bench presses your scapula (shoulder blade) should be locked in place, and this lack of movement causes imbalances that can lead to shoulder pain. So practise one-arm press-ups for scapula movement.

Q

What are the best moves to develop the pec muscles?

Every possible variation of the press-up, such as the divebomber press-up, wide press-up and T press-up. These variations train your chest from every angle, work the whole shoulder girdle and also hit your rotator cuffs, helping you avoid injury.

The incline bench press has been shown to stimulate the most muscle growth and hits the upper chest, an often tricky area. Don't underestimate bodyweight moves, such as the ring press-up or standard press-up, which allow you to hit high reps.

Press-ups and one-arm dumbbell bench presses. With the former, keep your elbows close so you get a full stretch in your chest. With the latter, place your opposite hand on the working pec and squeeze the area for two seconds at the top.

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GIANT GAINS

PACK ON MUSCLE AND
TORCH FAT WITH GIANT SETS

If you want to add muscular size and strength to build a bigger and stronger physique then you need

this month's workout, which is designed around giant sets. A giant set comprises four or more moves performed back to back, with rest coming only after you have completed the final rep of the fourth move.

It's a great set strategy that enables you to hit the target muscles from multiple angles and to work your muscle fibres to failure, which is when they can no longer complete another rep with good form. This is an ideal way to push your muscles harder than ever before so they grow back bigger and stronger.

How to do this month's workout

Do each workout once a week with at least a day between each. After a warm-up, do exercises 1A, 1B, 1C and 1D in succession, sticking to the reps and tempo prescribed. After exercise 1D rest for the time specified, then repeat for a total of four sets. After the final rep of the fourth set of 1D, rest, then repeat the pattern with exercises 2A through to 2D. Slightly increase the weight you lift each week. The four-digit tempo figures refer to the time in seconds you take to lower the weight, pause, lift the weight, then pause in each rep.

WORKOUT 1 Chest and back

GIANT SET 1

Warm up with some empty-bar bench presses, gradually increasing the weight and decreasing the number of reps until you reach your work-set target weight.

1A Bench press

Reps 8 / Tempo 3010 / Rest 0sec

- Lie on the bench with your feet on the floor directly under your knees.
- Hold the bar with an overhand grip, hands shoulder-width apart.
- Slowly lower the bar to your chest until your elbows are bent at 90° and the bar is almost touching the middle of your chest or just over your nipples.
- Drive your feet hard into the floor and push the bar back strongly to the start position.



1B Incline dumbbell bench press

Reps 8 / Tempo 3010 / Rest 0sec

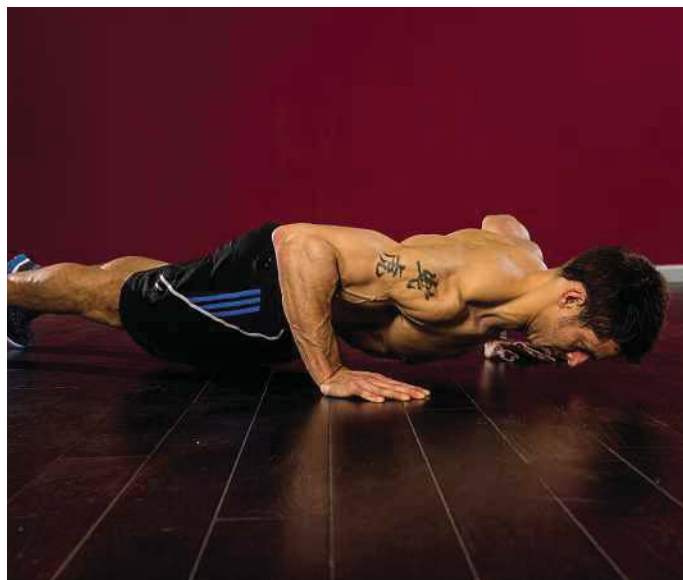
- Lie on a bench set at a 60° angle holding a dumbbell in each hand at shoulder height.
- Keep your feet flat on the floor and your back against the bench.
- Press the weight directly above your head but don't lock out your elbows at the top.
- Slowly lower the weight back down to your chest, flaring your elbows out to the side.



1C Cable flye

Reps 10 / Tempo 2010 / Rest 0sec

- Stand in the middle of a cable machine with a split stance holding a D-handle attached to the high pulley in each hand with palms facing.
- Keeping a natural arch in your back and bracing your core, bring your hands across in an arc so they meet in front of you.
- Squeeze your chest muscles before returning slowly to the start, keeping the weight under full control.



1D Press-up

Reps 12 / Tempo 2010 / Rest 3min

- Start with your hands shoulder-width apart and your body straight from head to heels.
- Lower yourself until your elbows reach 90°, then press back up.

GIANT SET 2

2A

Pull-up

- Reps **6** / Tempo **3010** / Rest **0sec**
- Grab the bar or handles with an overhand grip, hands shoulder-width apart.
- Start from a dead hang with your arms fully extended.
- Squeezing your lats together, pull yourself up.
- Once your chin is higher than your hands pause briefly, then slowly lower yourself back to the start.



2B

Dumbbell bent-over row

- Reps **10** / Tempo **3010** / Rest **0sec**
- Start with your core braced, your back straight and your shoulder blades retracted, holding a dumbbell in each hand with an overhand grip.
- Bend your knees slightly and lean forward from the hips.
- Row the weights up until your upper arms are horizontal by retracting your shoulder blades, then return slowly to the start.



2C

Cable standing reverse flye

- Reps **10** / Tempo **2010** / Rest **0sec**
- Stand in the middle of a cable machine with arms crossed holding a D-handle attached to the low pulley in each hand.
- Keeping your core braced and a slight bend in your elbows, raise both arms to shoulder height and then extend them to the sides.
- Return to the start, maintaining control of the weight throughout.



2D

Cable face pull

- Reps **15** / Tempo **2010** / Rest **3min**
- Hold a double-rope attachment fixed to the high pulley on a cable machine.
- Start with arms fully extended, palms facing the floor.
- Pull the handles towards you – keeping your upper arms parallel to the floor – so that the handles go either side of your face.
- Return to the start.



WORKOUT 2 Legs and abs

GIANT SET 1 Warm up with some bodyweight squats and lunges.

1A

Dumbbell squat

- Reps 12 / Tempo 2010 / Rest 0sec
- Stand tall with feet shoulder-width apart, holding a dumbbell in each hand by your sides.
- With your core braced and a natural arch in your back, squat down until your thighs are at least parallel to the floor, keeping your knees in line with your toes.
- Push back up through your heels to complete the move.



1B

Dumbbell lunge

- Reps 8 each side / Tempo 2010 / Rest 0sec
- Stand tall holding a dumbbell in each hand.
- Take a big step forward with one leg and lunge down until both knees are bent at 90°.
- Push back off your front foot to return to the start position, then repeat with the other leg.



1C

Dumbbell side lunge

- Reps 8 each side / Tempo 2010 / Rest 0sec
- Stand tall with your feet close together, holding a dumbbell in each hand.
- Keeping your core braced and head looking forward, take a big step to one side and lower your body towards the leading leg.
- Push back off the leading leg and repeat on the other side.



1D

Jump squat

- Reps 15 / Tempo 1010 / Rest 3min
- Stand tall with your feet shoulder-width apart and your core braced.
- Squat down until your thighs are at least parallel to the floor, keeping your knees in line with your toes, then push off the ground explosively so both feet leave the floor.
- As you land, descend into another squat and repeat.

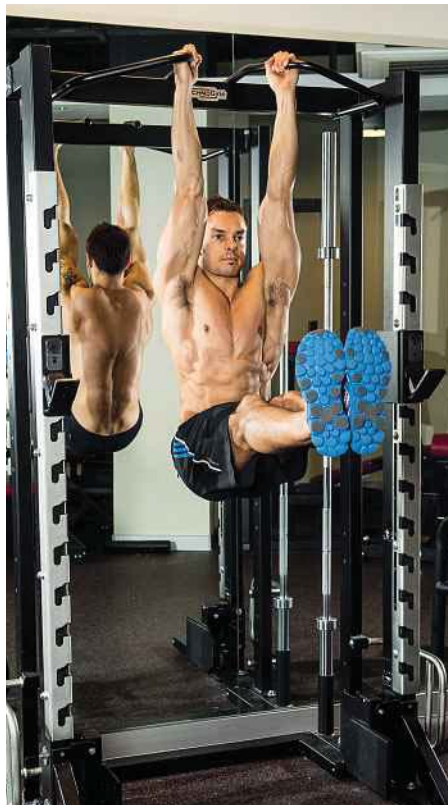


GIANT SET 2

2A

Hanging leg raise

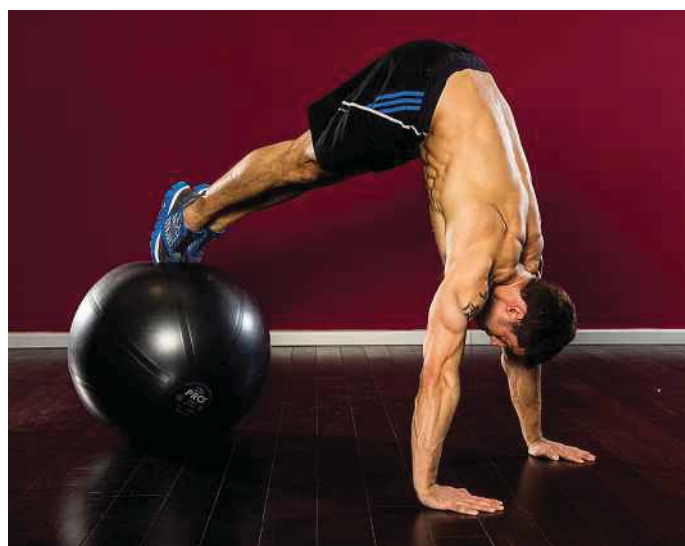
- Reps **10** / Tempo **2110** / Rest **0sec**
- Hang from a bar with your body straight.
- Keeping your legs straight, use your lower abs to raise them until they are parallel with the ground.



2B

Hanging knee raise

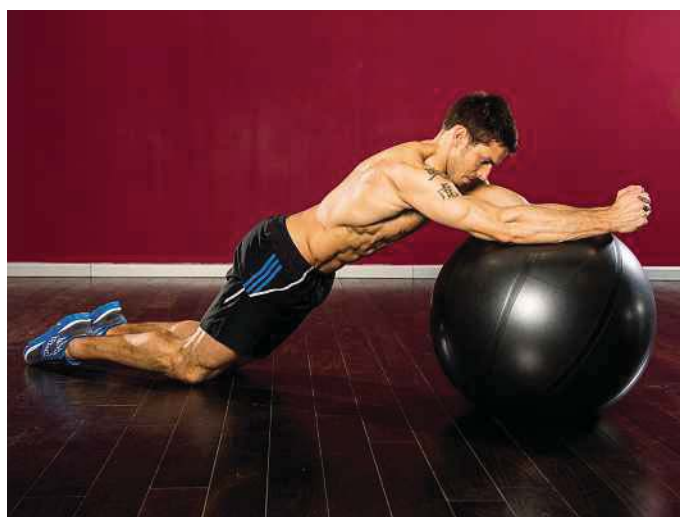
- Reps **15** / Tempo **2110** / Rest **0sec**
- Hang from a bar with your knees bent.
- Keeping them bent, use your lower abs to raise them until they are above waist height.



2C

Gym ball pike

- Reps **8** / Tempo **1111** / Rest **0sec**
- Start in a plank position with your feet on a gym ball.
- Keeping your legs straight, use your abs to draw your feet towards your hands until your body forms a V-shape.
- Return to the start.



2D

Gym ball rollout

- Reps **8** / Tempo **1111** / Rest **3min**
- Start on your knees with your elbows bent and your forearms resting on the gym ball.
- Once you have extended until your torso is parallel to the ground, contract your abs to roll the ball back to the start.
- Slowly roll the ball away from your body, keeping your core braced.



WORKOUT **3** Shoulders and arms

GIANT SET 1 Warm up with some empty-bar shoulder presses and EZ-bar biceps curls, gradually increasing the weight and decreasing the reps until you reach your work-set target weight.

1A

Shoulder press

- Reps **8** / Tempo **3010** / Rest **0sec**
- With your feet shoulder-width apart and your hands just wider, hold a bar on your upper chest.
- Keep your chest upright and your core muscles braced.
- Press the bar up until your arms are extended overhead.
- Keep your core braced during the lift and don't tilt your hips forward.
- Lower the bar back to your chest and repeat.



1B

Push press

- Reps **8** / Tempo **2010** / Rest **0sec**
- With your feet shoulder-width apart and your hands just wider, hold a bar on your upper chest.
- Keep your chest upright and your core braced.
- Bend at the knees to go into a quarter-squat, then stand up straight and press the bar up to extend your arms overhead.
- Keep your core braced during the lift and don't tilt your hips forward.
- Lower the bar back down to your chest.



1C

Dumbbell high pull

- Reps **12** / Tempo **2010** / Rest **0sec**
- Stand tall holding a dumbbell in each hand with an overhand grip.
- Drop into a half-squat, then stand up powerfully and go up onto your toes while pulling the weights up, leading with your elbows, until your hands are level with top of your chest.
- Lower the weights back to the start.



1D

Dumbbell lateral raise

- Reps **12** / Tempo **2010** / Rest **3min**
- Stand tall with your core braced and feet apart, holding a light dumbbell in each hand by your sides with palms facing one another.
- Leading with your elbows, raise the weights out to the sides using your muscles and not momentum.
- Stop at shoulder height, then slowly return to the start.



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WORKOUT 3

GIANT SET 2

2A

Chin-up

- Reps **8** / Tempo **3010** / Rest **0sec**
- Grab the bar with an underhand grip, hands shoulder-width apart.
- Start from a dead hang with your arms fully extended.
- Squeezing your lats together, pull yourself up.
- Once your chin is higher than your hands, lower yourself back to the start.



2B

Dumbbell hammer curl

- Reps **12** / Tempo **3010** / Rest **0sec**
- Hold a dumbbell in each hand with your palms facing each other.
- Keeping your elbows close to your sides, raise both weights to shoulder height, squeezing your biceps at the top of the move.
- Slowly return the weights to the start.



2C

Triceps dip

- Reps **8** / Tempo **3010** / Rest **0sec**
- Grip parallel bars, keeping your body upright.
- With your elbows pointing straight back, lower your body as far as you can comfortably go without stressing your shoulders.
- Keep your core braced and don't swing your legs for momentum.
- Press back up powerfully and don't lock out your elbows at the top.



2D

Lying EZ-bar triceps extension

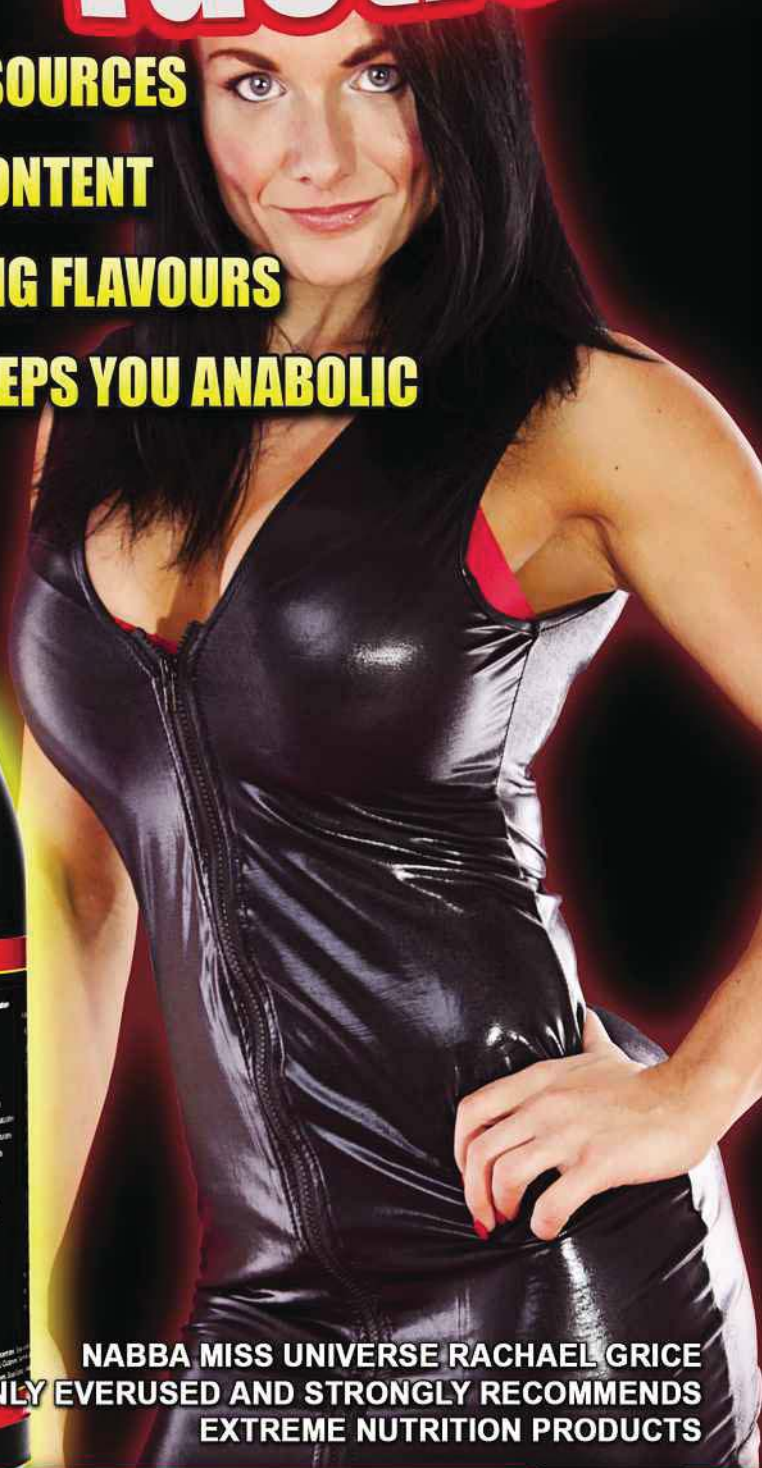
- Reps **12** / Tempo **3010** / Rest **3min**
- Lie flat on a bench, holding an EZ-bar above you with straight arms.
- Slowly lower the bar towards the top of your head by bending your elbows, which should stay pointing directly up.
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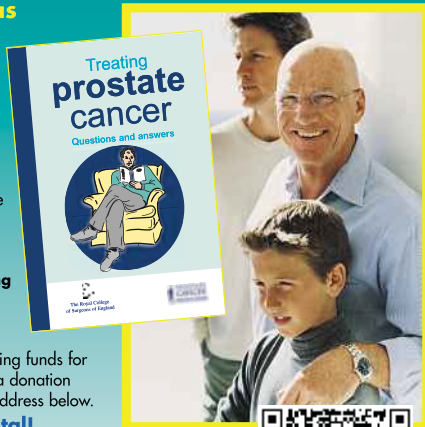
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David Haye

The former WBA heavyweight champion talks to **MF** about Dereck Chisora, the politics of unified titles and why he loves trash talk



'People don't want to see two good guys fighting. Someone's got to be the bad guy and I don't mind that role'

Words Ben Ince Photography Getty



You unified the cruiserweight championship. Do you think all the proliferation of different organisations and belts has had a negative impact on the sport?

It makes it quite complicated for the average fan to follow boxing. Even I can't name all the different organisations and champions! But on the flipside, having that many belts gives more fighters the opportunity to earn a good living from boxing. The problem when you unify the belts is that each body has their list of who they want you to fight and if you don't they strip you of their title. Obviously you can't fight five different opponents on the same night, so you end up having to pick one and accept that you'll lose the other belts. It's a political thing.

How did you alter your training and nutrition to bulk up from cruiserweight to heavyweight?

I did the same weights and sprints I always had – I just ate a lot more food. I had to cut weight to make the cruiserweight limit and eat fewer carbs before the fight, which I didn't have to do when I moved up. But I didn't bulk up that much to fight at heavyweight – I think the most I ever weighed was 100kg, which is only 10kg over the cruiserweight limit.

Did you have to adjust your tactics in the ring?

I didn't get hit much at cruiserweight and I actually got hit less at heavyweight. If your opponent can't hit you properly then it's difficult to lose, so I made sure I worked on my speed and defence. When I was fighting Nikolai Valuev, who outweighed me by 45kg, I couldn't afford to get hit because all it takes is one glancing shot on the chin and your legs are gone.

Were you surprised by the negative public reaction after you lost to Wladimir Klitschko?

No, I wasn't. When you hype up a fight and it doesn't go your way, you have to be prepared to take the stick. If I'd just told everyone I was going to try my hardest it would've been OK to lose, but I said I was literally going to punch his head off of his body and kick it out of the ring! If you're going to take the accolades and praise when you win, you've got to be graceful and take the negative press for what it is when you lose. People gave me a lot of grief afterwards, but I was prepared for it so it didn't bother me.

You were known for your pre-fight trash talk throughout your career. Do you regret any of it now?

People tune into my fights because of the theatre and pantomime surrounding them. They don't want to see two good guys fighting each other – someone's got to be the bad guy and I don't mind taking on that role and saying controversial things to get people interested.

Your trash talk reached new heights before your fight with Dereck Chisora. How real was the animosity between you?

Pretty real. When there's someone who's said on television that he's going to break your jaw the next time he sees you, and then he headbutts you at a press conference, you've got to be prepared to defend yourself. But I've got no beef towards him whatsoever now – we settled it in the ring, like men. The public enjoyed the fight, I got paid and he got a career-high payday, so it all worked out OK. **MF**

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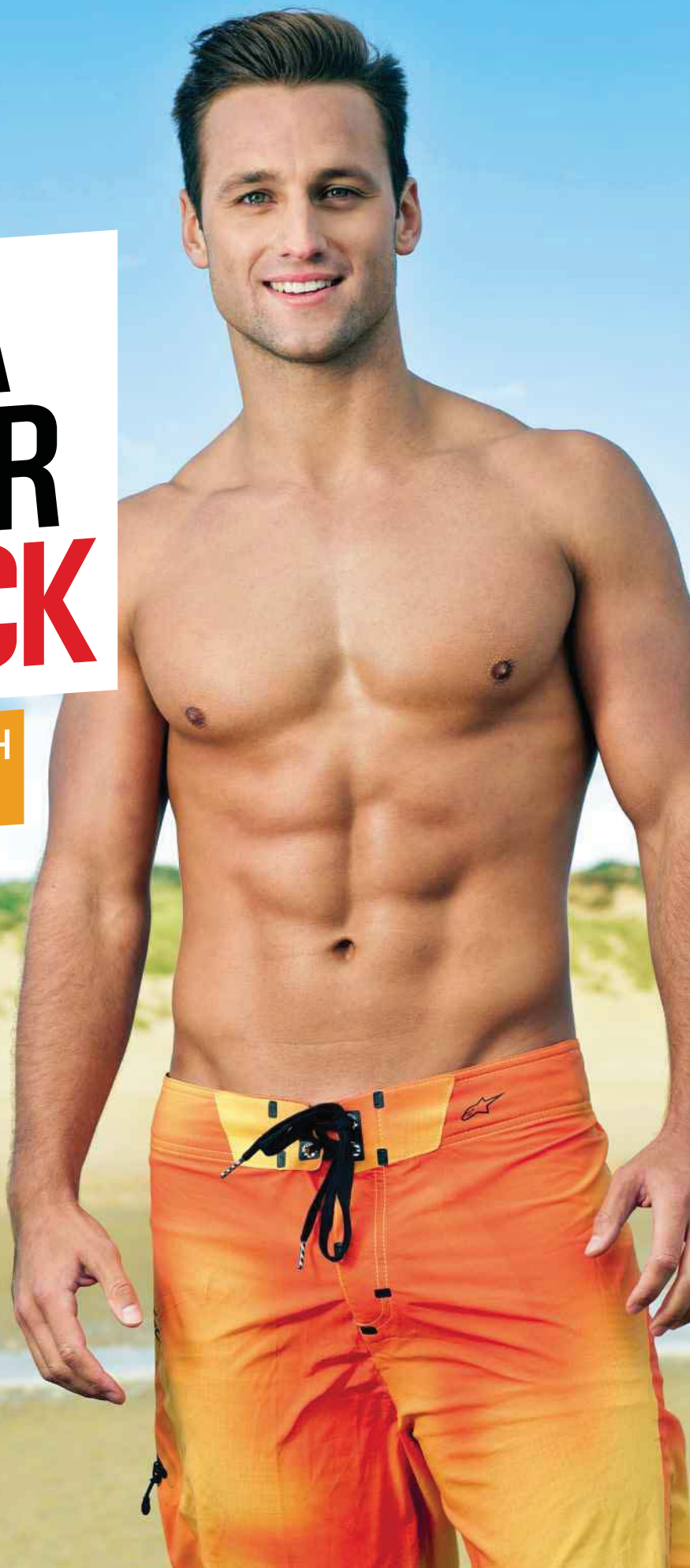
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SCULPT A ROCK-HARD SIX-PACK

Whether you booked a last-minute get away or you have a long holiday run-in, we've got a plan to get you beach ready



I'M ON THE BEACH IN...

4 WEEKS

Do the super-fast plan that's designed to pack on maximum muscle in minimum time. **See p19**

8 WEEKS

Our two-part programme allows you to build a strength base before getting ripped. **See p20**

12 WEEKS

This comprehensive plan will cover all your training bases to get you into the shape of your life. **See p22**

BEACH BODY COUNTDOWN

Here's the training theory behind our beach body-sculpting workouts

SPLIT SESSIONS

Each session focuses on two main muscle groups, such as legs and shoulders or chest and back. The reason for this is that you must work a large number of muscles to provoke a good growth hormone response, while also focusing your efforts to ensure that you break down the maximum number of muscle fibres. This, combined with the eating advice on p26, will lead to maximum muscle growth.

DOUBLE HITS

In each session you work the major muscle groups at least twice. This will allow you to fully fatigue your muscles because they'll be stressed from different

angles. Generally the first move is a two-sided exercise, which allows you to shift the maximum weight, while the second is a one-sided move that will also challenge your stabilising muscles.

SUPERSETS

When you see an exercise number with 'a' or 'b' after it, you should perform the move as a superset. A superset is two exercises performed back to back with minimal rest. This training method saves time and increases intensity. We've selected antagonistic supersets which work one muscle group, such as your chest, in the first move and the opposing muscle group, such as your back, in the next.

ABS FINISHER

The workouts end with two abs exercises. This is important because as well as burning the fat that is currently sitting on top of your abs, you also need to develop the muscle to carve a solid six-pack.

NO FAD DIETS

Just because you're getting ready for the beach doesn't mean you have to follow a dodgy diet. Instead of creating a complex meal plan that doesn't fit into your life or allow for any flexibility, we've given you six food rules to follow that will help you swap your gut for a hard, flat stomach. We're even OK with you having the odd glass of wine.

WORKOUT TABLES DECODED

Here's what the numbers
in the training guides mean



REPS

Pick a weight that allows you to complete the stated rep count but no more. If you can't do all the prescribed reps or find you can do more, you won't get the intended training effect. This may not seem important but if you want the best results you should stick to our plan.



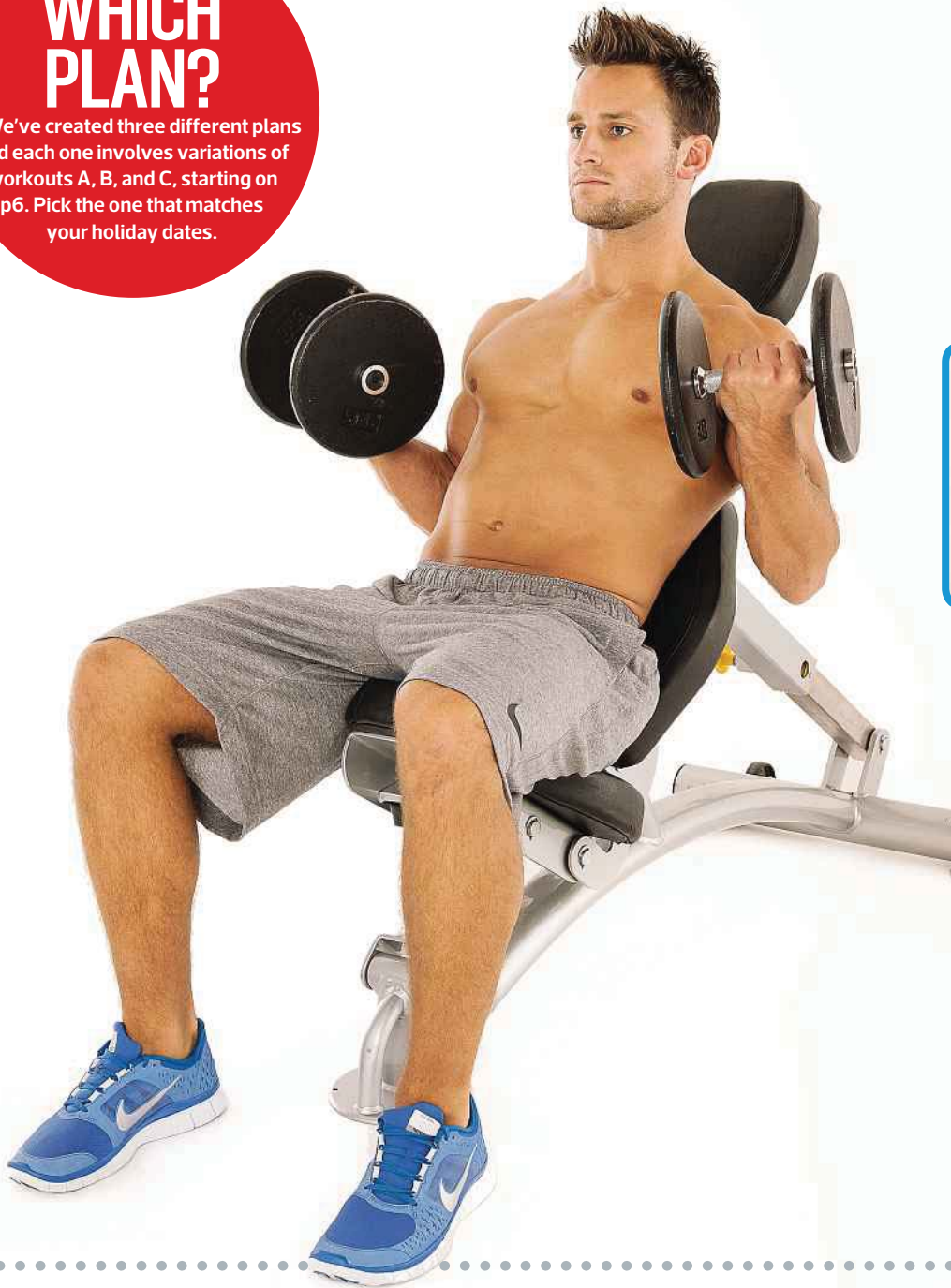
SETS

The set counts are non-negotiable. Doing three sets instead of four will mean you're doing 25% less work than you're supposed to, and you can probably anticipate what sort of effect that will have on your results. Equally, doing too many will be counterproductive.



WHICH PLAN?

We've created three different plans and each one involves variations of workouts A, B, and C, starting on p6. Pick the one that matches your holiday dates.



TEMPO

The four-digit tempo number refers to speed you lower the weight, the pause at the bottom, the speed of the lift and the pause at the top in seconds. This is crucial because it's the time under tension – the time your muscles spend working – that has the most effect on muscle growth.



REST

The rest periods between exercises have been selected to create the best balance between allowing you to lift the heaviest weight possible and contributing to a hormonal state that will give you the training outcome you're looking for.



WEIGHT

Initially you choose a weight that allows you to do all the reps, but each week you should aim to increase upper-body lifts by 2.5% and lower-body lifts by 5%. This is where inexperienced lifters have an advantage because you'll find it easier to add weight quickly if you're new to the exercise.

WORKOUT A

1a

BARBELL SQUAT

- Rest the bar on the back of your shoulders – not on your neck – holding it with an overhand grip slightly wider than your shoulders. Keep your elbows pointing down.
- Your feet should be just wider than shoulder-width apart with your toes pointing outwards slightly.
- Squat down until your thighs are at least parallel to the floor. The deeper you can squat, the better.
- Drive back up through your heels.

**1b**

BARBELL SHOULDER PRESS

- With your feet shoulder-width apart, position the bar on your upper chest, gripping it with hands just wider than shoulder-width apart.
- Keep your chest upright and your core muscles braced.
- Press the bar directly upwards until your arms are extended overhead.
- During the lifting phase, keep your core braced and don't tilt your hips forward.
- Lower the bar back down to your chest and repeat.





LEGS AND SHOULDERS

2a

ROMANIAN DEADLIFT

■ Stand tall with feet shoulder-width apart holding a barbell with an overhand grip just outside of your thighs.

■ Keeping a slight bend in your knees, lean forward from the hips, not the waist, and lower the bar down the front of your shins until you feel a good stretch in your hamstrings.

■ Reverse the move back to the start, pushing your hips forward.

**2b**

FRONT/LATERAL RAISE

■ Stand tall with your core braced and feet apart, holding a light dumbbell in each hand by your sides with palms facing one another.

■ Keeping your arms straight, raise one weight out to the side and the other in front of you, using your muscles and not momentum.

■ Stop at shoulder height, slowly return to the start, then switch sides so you raise the other weight in front of you. When you lower again, that completes one rep.



WORKOUT
CONTINUES
NEXT PAGE

WORKOUT A

3a

JUMP LUNGE

- Stand tall then take a big step forward and lower until both knees are bent at 90°.
- Push off your front foot explosively so that both feet leave the ground.
- Swap feet in mid-air so you land with your back foot forward, then descend into a lunge and repeat, swapping your legs in the air with each rep.

**3b**

UPRIGHT REVERSE FLYE

- Bend at the hips slightly and let the dumbbells hang straight down. Taking a more upright position than in a traditional reverse flye allows you to hit all the shoulder muscles.
- Keeping a slight bend in your elbows, raise your arms out to the sides until they are straight and parallel to the floor.
- Slowly return to the start.





LEGS AND SHOULDERS

4

BARBELL ROLLOUT

■ Start on your knees with your arms extended and your hands holding a barbell with a shoulder-width grip.

■ Slowly roll the barbell away from your body, keeping your core braced throughout.

■ Once you have extended until your torso is parallel to the ground, contract your abs muscles to pull the bar back

towards your body until you are back in the start position.



5

DUMBBELL SIDE BEND

■ Hold a heavy dumbbell in one hand.

■ Lower the dumbbell to one side, then use your side abs to straighten up.



WORKOUT B



1a



BARBELL BENCH PRESS

- Lie on the bench with your feet on the floor, directly underneath your knees.
- Hold the bar with an overhand grip shoulder-width apart.
- Slowly lower the bar until your elbows are bent at 90° and the bar is almost touching the middle of chest or just over your nipples.
- Drive your feet into the floor and push the bar back strongly to the start position.

1b

BENT-OVER ROW

- Start with your core braced, your back straight and your shoulder blades retracted.
- Grip the bar with your hands just wider than shoulder-width apart letting them hang at knee level.
- Bend your knees slightly and lean forward from the hips.
- Pull the bar up to your lower sternum, retracting your shoulder blades to allow the bar to come up to your chest, then lower the bar slowly back to the start.





CHEST AND BACK

2a

CHEST FLYE



■ Lie on a bench holding a dumbbell in each hand directly above your chest with palms facing.

■ Make sure your head and upper back are supported on the bench and that your feet are flat on the floor.

■ Keeping a slight bend in your elbows, slowly lower the weights out to the side as far as is comfortable.

■ Use your chest to reverse the movement to raise the weights back to the top.

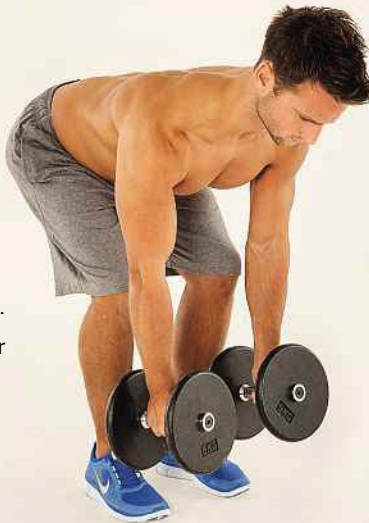
2b

REVERSE FLYE

■ Bend at the hips and let the dumbbells hang straight down.

■ Keeping a slight bend in your elbows, raise your arms out to the sides until they are straight and parallel to the floor.

■ Slowly return to the start.



WORKOUT
CONTINUES
NEXT PAGE

WORKOUT B

**3a**

PRESS-UP

■ Start with your hands shoulder-width apart and body straight from head to heels.

■ Lower yourself until your elbows are bent at 90°, then press back up.

**3b**

REVERSE-GRIP DUMBBELL BENT-OVER ROW

■ Start with your core braced, your back straight and your shoulder blades retracted, holding a dumbbell in each hand with an underhand grip.

■ Bend your knees slightly and lean forward from the hips.

■ Row the weights up to your lower sternum by retracting your shoulder blades. Return slowly to the start.





CHEST AND BACK

**4**

MEDICINE BALL PULL-OVER CRUNCH

■ Start by holding a medicine ball with your arms and legs outstretched and off the floor.

■ Bring the medicine ball in to touch your knees, then reverse the movement back to the start.

**5**

WEIGHT PLATE WALK

■ Grip a weight plate between your thumb and fingers.

■ Walk for a set distance, swap hands and return the same way.



WORKOUT C

1

DEADLIFT

- Stand in front of a barbell and squat down to grip the bar just outside your knees using either an overhand or alternate grip.
- Keeping your core braced and your shoulders retracted, use your glutes to power the initial lift, pushing down through your heels.
- Keep the bar close to your body and, as it passes your knees, push your hips forward. Keep your shoulders back throughout the move.
- Reverse the movement back to the start.



2a

INCLINE BICEPS CURL

- Sit holding a dumbbell in each hand on a bench set at an incline between 30° and 45°.
- Keeping your back flat against the bench and your elbows close to your sides, curl the weights up to shoulder height.
- Squeeze your biceps at the top of the move, then slowly return the start.





LEGS, ARMS AND ABS

**2b**

PRESS-UP

■ Start with your hands shoulder-width apart and body straight from head to heels.

■ Lower yourself until your elbows are bent at 90°, then press back up.

3

BULGARIAN SPLIT SQUAT

■ Stand with a barbell on your back about a metre in front of a bench, with the top of one foot on the bench.

■ Lower until your thigh is roughly parallel to the floor then push up to the start.



WORKOUT
CONTINUES
NEXT PAGE

WORKOUT C

4a

HAMMER CURL

- Hold a dumbbell in each hand with your palms facing each other.
- Keeping your elbows close to your sides, slowly raise one dumbbell to shoulder height, squeezing your biceps at the top of the move.
- Slowly return the weight to the start position and repeat with your other arm.



4b

DIAMOND PRESS-UP

- Start in a press-up position but with your hands close together so that your thumbs and index fingers touch to form a diamond shape.
- Keeping your body in a straight line from head to heels, lower your chest as far as you can, then push back up strongly.





LEGS, ARMS AND ABS

5

MEDICINE BALL WOODCHOP

- Start in a half squat holding a medicine ball outside one thigh.
- Using your abs, move the ball up and across your body.

**6**

PLANK

- Hold your body in a straight line from head to heels with your elbows beneath your shoulders and head looking down.
- Hold the position without letting your hips sag.



PLANS OF ACTION

You know how long you've got to build a beach body. Here's how your chosen programme is going to help you do it

4-WEEK PLAN

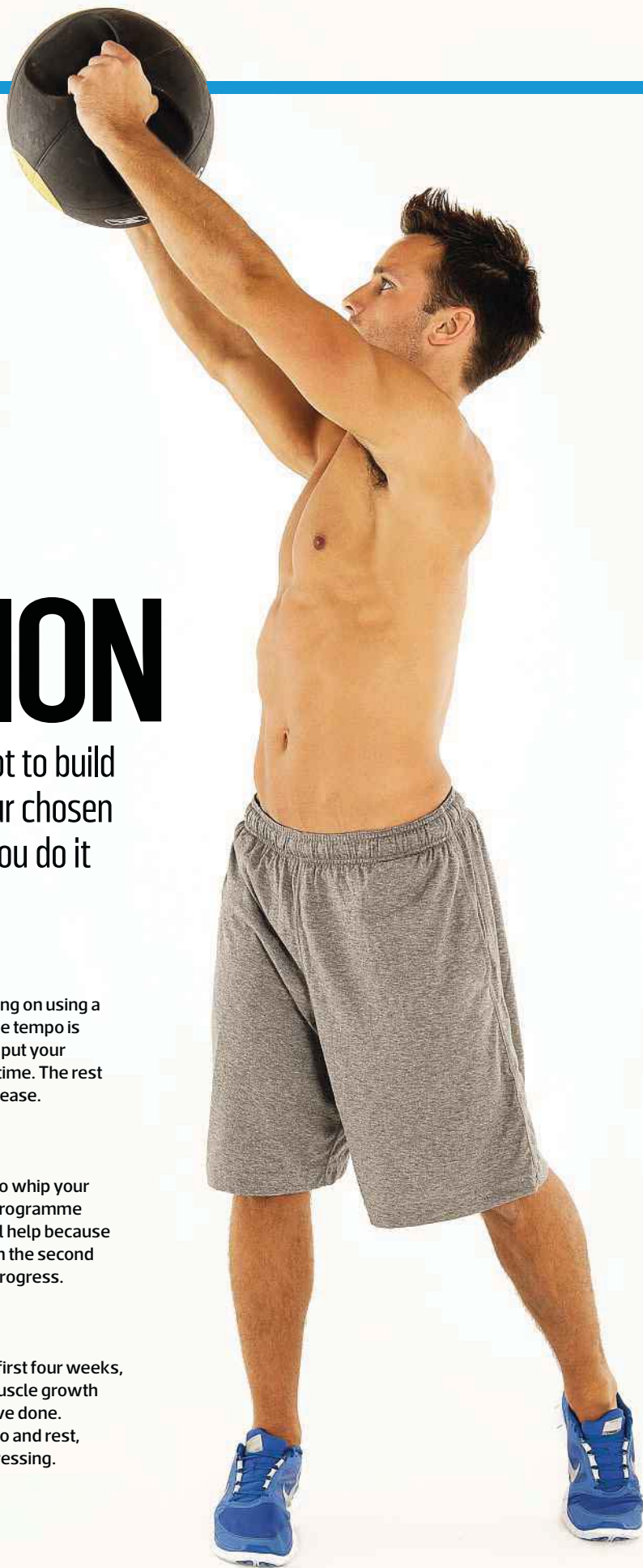
You don't have any time to waste so we're focusing on using a pure hypertrophy (muscle growth) rep range. The tempo is crucial in this plan because you must ensure you put your muscles under stress for the optimum length of time. The rest periods will also encourage growth hormone release.

8-WEEK PLAN

If you have a couple of months before you have to whip your shirt off, it's worth spending the first half of the programme using rep ranges that will build strength. This will help because when you come to the pure hypertrophy phase in the second stage you'll shift more weight and make better progress.

12-WEEK PLAN

This three-part plan focuses on strength for the first four weeks, then moves towards rep ranges that will elicit muscle growth and take advantage of the foundation work you've done. Changing key variables, such as sets, reps, tempo and rest, every four weeks will make sure you keep progressing.





4-WEEK PLAN

WORKOUT A Legs and shoulders		Reps	Sets	Tempo	Rest
1a	Barbell squat	8-10	4	4010	0sec
1b	Barbell shoulder press	8-10	4	2010	60sec
2a	Romanian deadlift	8-10	3	4010	0sec
2b	Front/lateral raise	10-12	3	2010	60sec
3a	Jump lunge	12-15	3	10X0	0sec
3b	Upright reverse flye	8-10	3	4020	60sec
4	Barbell rollout	5	3	2020	60sec
5	Dumbbell side bend	8-10	2	3010	60sec

WORKOUT B Chest and back		Reps	Sets	Tempo	Rest
1a	Barbell bench press	8-10	4	4010	0sec
1b	Bent-over row	8-10	4	4010	60sec
2a	Chest flye	8-10	3	4010	0sec
2b	Reverse flye	8-10	3	4010	60sec
3a	Press-up	8-10	3	4010	0sec
3b	Reverse-grip dumbbell bent-over row	8-10	3	4010	60sec
4	Medicine ball pull-over crunch	8-10	3	2010	60sec
5	Weight plate walk	30sec	6	n/a	30sec

WORKOUT C Legs, arms and abs		Reps	Sets	Tempo	Rest
1	Deadlift	5	5	2010	60sec
2a	Incline biceps curl	8-10	3	4010	0sec
2b	Press-up	8-10	3	4010	60sec
3	Bulgarian split squat	8-10	3	4010	60sec
4a	Hammer curl	8-10	3	4010	0sec
4b	Diamond press-up	8-10	3	4010	60sec
5	Medicine ball woodchop	8-10	3	10X0	45sec
6	Plank	45sec	3	n/a	60sec

8-WEEK PLAN

WEEKS 1-4

WORKOUT A Legs and shoulders		Reps	Sets	Tempo	Rest
1a	Barbell squat	6-8	4	2010	0sec
1b	Barbell shoulder press	6-8	4	2010	90sec
2a	Romanian deadlift	6-8	4	2010	0sec
2b	Front/lateral raise	8-10	4	2010	90sec
3a	Jump lunge	12-15	3	10X0	0sec
3b	Upright reverse flye	8-10	3	3010	90sec
4	Barbell rollout	5	4	2020	60sec
5	Dumbbell side bend	8-10	2	2010	60sec

WORKOUT B Chest and back		Reps	Sets	Tempo	Rest
1a	Barbell bench	6-8	4	2010	0sec
1b	Bent-over row	6-8	4	2010	90sec
2a	Chest flye	8-10	3	3010	0sec
2b	Reverse flye	8-10	3	3010	90sec
3a	Press-up	8-10	3	3010	0sec
3b	Reverse-grip dumbbell bent-over row	8-10	3	3010	90sec
4	Medicine ball pull-over crunch	8-10	3	2010	60sec
5	Weight plate walk	30sec	6	n/a	30sec

WORKOUT C Legs, arms and abs		Reps	Sets	Tempo	Rest
1	Deadlift	5	5	2010	90sec
2a	Incline biceps curl	6-8	3	3010	0sec
2b	Press-up	8-10	3	3010	60sec
3	Bulgarian split squat	6-8	3	3010	60sec
4a	Hammer curl	6-8	3	3010	0sec
4b	Diamond press-up	6-8	3	3010	80sec
5	Medicine ball woodchop	8-10	3	10X0	45sec
6	Plank	45sec	3	n/a	60sec



WEEKS 5-8

WORKOUT A Legs and shoulders		Reps	Sets	Tempo	Rest
1a	Barbell squat	10-12	3	4010	0sec
1b	Barbell shoulder press	10-12	3	2010	60sec
2a	Romanian deadlift	10-12	3	4010	0sec
2b	Front/lateral raise	10-12	3	2010	60sec
3a	Jump lunge	20	2	10X0	0sec
3b	Upright reverse flye	10-12	2	4020	60sec
4	Barbell rollout	5	5	2020	60sec
5	Dumbbell side bend	8-10	2	3010	60sec

WORKOUT B Chest and back		Reps	Sets	Tempo	Rest
1a	Barbell bench	10-12	3	4010	0sec
1b	Bent-over row	10-12	3	4010	60sec
2a	Chest flye	10-12	3	4010	0sec
2b	Reverse flye	10-12	3	4010	60sec
3a	Press-up	8-10	3	4010	0sec
3b	Reverse-grip dumbbell bent-over row	8-10	3	4010	60sec
4	Medicine ball pull-over crunch	8-10	3	2010	60sec
5	Weight plate walk	30sec	6	n/a	30sec

WORKOUT C Legs, arms and abs		Reps	Sets	Tempo	Rest
1	Deadlift	6-8	4	2010	60sec
2a	Incline biceps curl	10-12	3	4010	0sec
2b	Press-up	10-12	3	4010	60sec
3	Bulgarian split squat	10-12	3	4010	60sec
4a	Hammer curl	10-12	3	4010	0sec
4b	Diamond press-up	6-8	3	4010	60sec
5	Medicine ball woodchop	8-10	3	10X0	45sec
6	Plank	60sec	3	n/a	60sec

12-WEEK PLAN

WEEKS 1-4

WORKOUT A Legs and shoulders		Reps	Sets	Tempo	Rest
1a	Barbell squat	5	5	2010	0sec
1b	Barbell shoulder press	5	5	2010	120sec
2a	Romanian deadlift	5	5	2010	0sec
2b	Front/lateral raise	6-8	5	2010	90sec
3a	Jump lunge	12-15	3	10X0	0sec
3b	Upright reverse flye	8-10	3	3010	90sec
4	Barbell rollout	5	4	2020	60sec
5	Dumbbell side bend	8-10	2	2010	60sec

WORKOUT B Chest and back		Reps	Sets	Tempo	Rest
1a	Barbell bench	5	5	2010	0sec
1b	Bent-over row	5	5	2010	120sec
2a	Chest flye	8-10	3	3010	0sec
2b	Reverse flye	8-10	3	3010	90sec
3a	Press-up	8-10	3	3010	0sec
3b	Reverse-grip dumbbell bent-over row	8-10	3	3010	90sec
4	Medicine ball pull-over crunch	8-10	3	2010	60sec
5	Weight plate walk	30sec	6	n/a	30sec

WORKOUT C Legs, arms and abs		Reps	Sets	Tempo	Rest
1	Deadlift	5	5	2010	120sec
2a	Incline biceps curl	6-8	3	3010	0sec
2b	Press-up	8-10	3	3010	60sec
3	Bulgarian split squat	6-8	3	3010	60sec
4a	Hammer curl	6-8	3	3010	0sec
4b	Diamond press-up	6-8	3	3010	80sec
5	Medicine ball woodchop	8-10	3	10X0	45sec
6	Plank	45sec	3	n/a	60sec



WEEKS 5-8

WORKOUT A Legs and shoulders		Reps	Sets	Tempo	Rest
1a	Barbell squat	8-10	4	4010	0sec
1b	Barbell shoulder press	8-10	4	2010	90sec
2a	Romanian deadlift	8-10	3	4010	0sec
2b	Front/lateral raise	10-12	3	2010	60sec
3a	Jump lunge	12-15	3	10X0	0sec
3b	Upright reverse flye	8-10	3	4020	60sec
4	Barbell ollout	5	3	2020	60sec
5	Dumbbell side bend	8-10	2	3010	60sec

WORKOUT B Chest and back		Reps	Sets	Tempo	Rest
1a	Barbell bench	8-10	4	4010	0sec
1b	Bent-over row	8-10	4	4010	90sec
2a	Chest flye	8-10	3	4010	0sec
2b	Reverse flye	8-10	3	4010	60sec
3a	Press-up	8-10	3	4010	0sec
3b	Reverse-grip dumbbell bent-over row	8-10	3	4010	60sec
4	Medicine ball pull-over crunch	8-10	3	2010	60sec
5	Weight plate walk	30sec	6	n/a	30sec

WORKOUT C Legs, arms and abs		Reps	Sets	Tempo	Rest
1	Deadlift	5	5	2010	90sec
2a	Incline biceps curl	8-10	3	4010	0sec
2b	Press-up	10-12	3	4010	60sec
3	Bulgarian split squat	8-10	3	4010	60sec
4a	Hammer curl	8-10	3	4010	0sec
4b	Diamond press-up	8-10	3	4010	60sec
5	Medicine ball woodchop	8-10	3	10X0	45sec
6	Plank	60sec	3	n/a	60sec





WEEKS 9-12

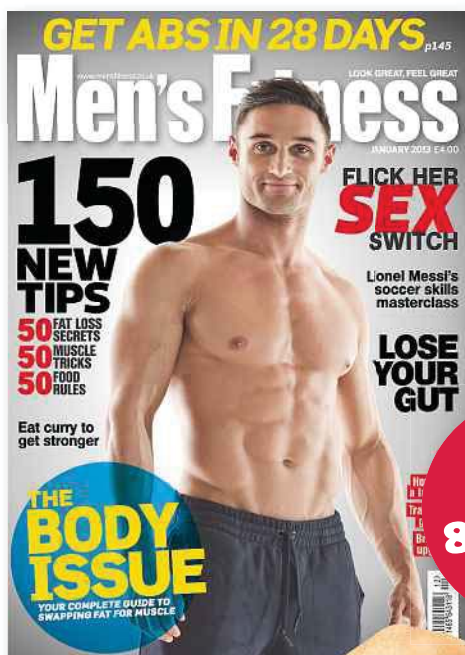
WORKOUT A Legs and shoulders		Reps	Sets	Tempo	Rest
1a	Barbell squat	10-12	3	4010	0sec
1b	Barbell shoulder press	10-12	3	2010	60sec
2a	Romanian deadlift	10-12	3	4010	0sec
2b	Front/lateral raise	10-12	3	2010	60sec
3a	Jump lunge	20	2	10X0	0sec
3b	Upright reverse flye	10-12	2	4020	60sec
4	Barbell rollout	5	5	2020	60sec
5	Dumbbell side bend	8-10	2	3010	60sec

WORKOUT B Chest and back		Reps	Sets	Tempo	Rest
1a	Barbell bench	10-12	3	4010	0sec
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2b	Reverse flye	10-12	3	4010	60sec
3a	Press-up	8-10	3	4010	0sec
3b	Reverse-grip dumbbell bent-over row	8-10	3	4010	60sec
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5	Weight plate walk	30sec	6	n/a	30sec

WORKOUT C Legs, arms and abs		Reps	Sets	Tempo	Rest
1	Deadlift	6-8	4	2010	60sec
2a	Incline biceps curl	8-10	4	4010	0sec
2b	Press-up	8-10	4	4010	60sec
3	Bulgarian split squat	10-12	3	4010	60sec
4a	Hammer curl	10-12	3	4010	0sec
4b	Diamond press-up	6-8	3	4010	60sec
5	Medicine ball woodchop	8-10	3	10X0	45sec
6	Plank	75sec	3	n/a	60sec

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SIX RULES FOR A SIX-PACK



Follow these to maximise your training results

1 EAT MORE PROTEIN

If you're trying to build muscle and burn fat, protein is essential. The best sources are meat, fish and eggs. Your body uses it to help repair damaged muscle fibres after training and it also helps you to feel full, so you'll find it easier to make good food choices. If you're trying to build muscle, aim for about 2g of protein per kilo of bodyweight per day. For the average guy, that's a couple of eggs with smoked salmon for breakfast, a hearty chicken salad for lunch, a post-workout shake and nice big steak for dinner.

2 AVOID GRAINS

'Grains such as oats, wheat and spelt are some of the most common food allergens, which can hinder your attempts to lose weight,' says Charles Poliquin, the world's leading expert on strength and conditioning. 'Eating allergens causes your body to produce the hormone cortisol, which means you'll store more of the energy you get from food as fat.' Grains also cause your blood sugar levels to spike, which provokes cravings between meals. The world won't end if you have a sandwich but if you want to get ripped, it's best to limit how much bread, rice and pasta you eat for a few weeks.

3 UP YOUR VEG INTAKE

It's impossible to eat too many vegetables. Well, perhaps that's not medically true but when you're eating to fuel your training, you can eat as many portions of the green stuff as you like. The reason is that they are packed with nutrients and there's basically nothing bad about them. Unlike fruit – which is also packed with nutrients but has high levels of sugar – vegetables contain few carbs, which means they won't spike your blood sugar levels, which can cause you to overeat.

4 DON'T DRINK CALORIES

It may sound obvious, but replacing calorie-rich fizzy drinks or sugary juices with water is one of the simplest and most effective strategies you can use to help you lose weight. A study from the University of North Carolina found that overweight participants who made the change were able to lose up to 5% more of their bodyweight on average compared with those who continued consuming fizzy drinks. What's more, a separate study from the Harvard School of Public Health also found that switching to water led to a significant decrease in the risk of diabetes.

5 SNACK STRATEGICALLY

If you want to shrink your gut, don't snack in the evening. 'If you're trying to lose fat, you should never eat after dinner and ideally finish eating dinner three hours before you go to bed,' says clinical nutritionist Byron Richards (wellnessresources.com). 'Never go to bed on a full stomach. Sleep is prime metabolic time, when people can access the stores of fat that they wish to lose. This works well only when no food is consumed for 11-12 hours and the quality of sleep is good.'

6 SWAP BEER FOR WINE

A post-work drink is a reward for a week of hard graft – but choosing red wine over beer can make a big difference to your weight loss. 'Beer contains phytoestrogens, which can cause your oestrogen levels to rise,' says Aaron Deere, a strength and conditioning coach at KX Gym (kxgym.co.uk). 'This hormone encourages fat storage and reduces the body's ability to produce muscle-building testosterone. A glass of red wine has fewer calories than a pint of beer, and red wine also contains nutrients linked to positive effects such as preventing heart disease.' See, we're not complete killjoys.

IT'S ALL IN THE NUMBERS



1,500mg
L-carnitine

250mg
Caffeine

750mg
Taurine

per 500ml bottle

“**60**”

minutes of hardcore training.
Bring it on!”

Muscle Bomb®

Muscle Bomb® provides a pre workout solution containing 1,500mg of L-carnitine, 750mg of taurine and 250mg of caffeine.

£1.80 (500ml bottle)

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An even skin tone will enhance your athletic physique, so get the ball rolling with these gradual self tanners **p9**

1 **GIORGIO ARMANI EAU POUR HOMME**
Indulge in vintage wine and fine dining wearing this classic, confidently virile scent.
£62 for 100ml
Available nationwide

2 **MOLTON BROWN MAHINA**
This revives your face with a warm caress, inspired by the tranquil white beaches of Tahiti.
£60 for 50ml
moltonbrown.co.uk

3 **PAUL SMITH SUNSHINE FOR MEN**
A refined English gent of a scent for the besuited traveller eyeing a first-class upgrade at check-in.
£26 for 100ml
Available nationwide

4 **DAVIDOFF COOL WATER INTO THE OCEAN**
Appear deep, mysterious and cool with a refreshing smell that personifies the great blue sea.
£33 for 125ml
Available nationwide

5 **ISSEY MIYAKE L'EAU D'ISSEY POUR HOMME SUMMER**
A vibrant fruit cocktail of a fragrance for the rum punch rather than bourbon kind of guy.
£40 for 125ml
Available nationwide

AFTER SHAVE

Keep your cool with these refreshing summer scents





6 JEAN PAUL GAULTIER LE MALE

Grab your old backpack and recapture those long carefree summers with this invigorating, unruly scent.

£40 for 125ml

Available nationwide

7 CALVIN KLEIN ETERNITY FOR MEN SUMMER

Like a guest that never outstays its welcome, this classic scent starts cool and easy and retains a robust flavour.

£33 for 100ml

Call 08000 836310

8 LACOSTE L.12.12 BLANC LIMITED EDITION

With a clean, crisp flavour, this revitalises you during the day and keeps you energised through the night.

£42 for 100ml

Available nationwide

9 BOSS ORANGE MAN FEEL GOOD SUMMER

Light, fresh and youthful, this scent gives you confidence without attracting undue attention.

£49 for 100ml

Available nationwide

10 DOLCE & GABBANA LIGHT BLUE POUR HOMME LIVING STROMBOLI

Like the Italian volcano it's named after, this fiery fragrance is vibrant and alive with energy.

£45 for 75ml

Available nationwide



HOT TIP

'Heat intensifies fragrances, making heavy ones overpowering in the summer,' says grooming expert Lee Kynaston (groomingguru.co.uk). 'Go for those with citrus, mint or aquatic notes which tend to be lighter. Like beer, they're more refreshing when chilled so try keeping yours in the fridge.'

SUN LOTION

Retain your skin's youthful look with a high SPF of at least 20



1 ULTRASUN HIGH 30SPF SPORTS SPRAY

Its transparent formula is enriched with antioxidant vitamin E to nourish and protect.

£26 for 150ml

Available nationwide

2 NIVEA SUN PROTECT & REFRESH

Menthol in this SPF20 aerosol sun screen cools the skin on application.

£14.29 for 200ml

Available nationwide

3 GARNIER AMBRE SOLAIRE SENSITIVE ADVANCED SPF50+

A non-fragrant cream that protects fair or sensitive skin.

£10 for 200ml

Available nationwide

4 KERASKIN YOUTH PROTECT SOLAR BODY CARE SPF30

This helps the skin retain water to prevent premature ageing.

£42.66 for 200ml

Available nationwide



AFTER SUN

Rehydrate and soothe with cooling lotions that prolong your tan



**1 LANCASTER
AFTER SUN
TAN MAXIMIZER**

A light, soothing cream that helps intensify melanin production to preserve your tan.

£22 for 125ml
selfridges.com

**2 GARNIER
AMBRE SOLAIRE
SENSITIVE ADVANCED
AFTER SUN**

This cream offers 24 hour hydration and cools irritated skin.

£6.49 for 200ml
Available nationwide

**3 NO7 BODY
SHIMMER
AFTER SUN**

As well as leaving you refreshed, this has antioxidants to restore your skin's defences.

£9.50 for 200ml
Available nationwide

**4 ULTRASUN
AFTERSUN**

This cooling, non-staining gel kick-starts the skin's biological repair system.

£17 for 150ml
Available nationwide

**5 NIVEA SUN
MOISTURISING
AFTER SUN SPRAY**

Aloe vera cools and soothes in this quickly absorbed lotion.

£10 for 200ml
Available nationwide

BODY HAIR TRIMMERS

Keeping your body hair neat and tidy will help you show off your hard-earned physique. Do it right with one of these tailor-made body groomers

1 REMINGTON TOUCH CONTROL HAIR CLIPPER

An innovative touchscreen allows you to vary speed settings and adjust the length of the trimming blades without worrying about fiddly accessories.

£70

Available nationwide



2 PHILIPS BODYGROOM PRO

This dual-ended device combines a trimmer with a pivoted shaver that reaches every contour of the body. Rounded tips and combs ensure a close, comfortable shave.

£70

Available nationwide





3 WAHL ALL-IN-ONE GROOMER

Three detachable heads offer a variety of options for detailed trimming with this pocket-sized value shaver, which also comes with oil and cleaning brush to keep it in good repair.

£17

argos.co.uk



4 BRAUN CRUZER 6 BODY

This switches between a trimmer and close-shave razor at the touch of a button, helping you tackle messy body hair, and it's waterproof so you can use it in the shower.

£50

Available nationwide



GRADUAL SELF-TANNERS

Kick-start your summer tan

Follow these simple steps from grooming expert Chris Beastall (nivenandjoshua.com) for a natural-looking tan rather than a streaky orange disaster.

1 EXFOLIATE

Self tan sticks to dead skin cells, so scrub them away first to ensure smooth and even coverage.

2 GLOVE UP

A tanning mitt saves your palms from colouring, avoiding the risk of giving away your secret.

3 AIR DRY

Let it dry for a minute or two before dressing. Then simply allow it to develop for four to six hours.

4 RINSE

Shower to remove any excess, paying attention to the knees and elbows where it can build up, to leave a natural-looking tone.



ST TROPEZ SELF TAN

This lightweight mousse is infused with conditioning aloe vera and promises to eliminate the give-away self-tan aroma by 70%.

£10 for 50ml

Available nationwide

LANCASTER TAN PREPARER

Apply this lotion, with anti-ageing soya extract, daily for two weeks before your holiday to prepare your skin.

£24 for 150ml

selfridges.com



SUNBELIEVABLE GRADUAL TAN

Perfect for lighter skin tones, this contains aloe vera and panthenol to nourish and hydrate skin.

£9 for 100ml

sun-believable.com

IT'S ALL IN THE NUMBERS

1,500mg
Citrulline malate



1,750mg
Valine

3,500mg
Leucine

1,750mg
Isoleucine

2,500mg
Glutamine

per 14g serving

“**45** minute workout insurance policy”

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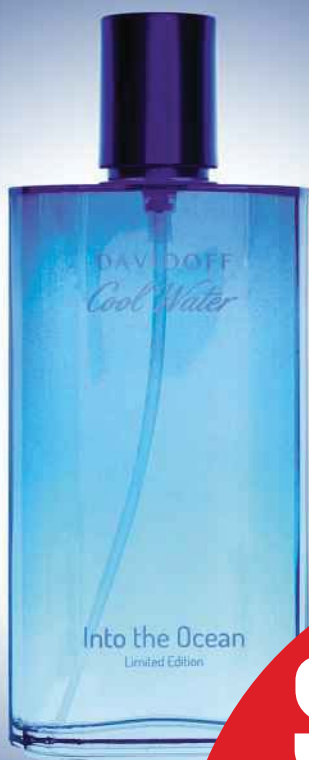
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Complete your new look with
these bathroom essentials



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